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Choices

Author Lynda Fishman talks about overcoming tragedy at Women's Campaign event > p. 5

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Federation Chair Steven Kimmel holds a traditional Havdallah candle, while others in attendance hold smaller battery-powered candles during the community-wide Havdallah service at the SJCC following Shabbat, October 25.

PHOTO: HOWARD SANDLER

Negev Dinner pays tribute to Dorothy Nadolny

BY MICHAEL REGENSTREIF

Dorothy Nadolny, a community leader and philanthropist who has devoted more than a half-century to organizations and important causes on behalf of Israel and Ottawa's Jewish community, was the honoree, October 21, at Ottawa's 2014 Negev Dinner.

The sold-out event, held at the newly renamed Shaw Centre (formerly the Ottawa Convention Centre), was jointly sponsored by the Jewish National Fund (JNF) of Ottawa – the traditional Negev Dinner sponsor – and Canadian Friends

See Dinner on page 2

Jewish community celebrates unity at Havdallah service

BY MONIQUE ELLIOT

In what was celebrated as a "historic" gathering, more than 450 people, including members of all of Ottawa's Jewish congregations from across the denominational spectrum, packed the Soloway Jewish Community Centre social hall to standing room only, October 25, for a community-wide Havdallah service and celebration.

"As my 14-year-old niece would say, 'Shabbat rocks!'" said Andrea Freedman, president and CEO of the Jewish

Federation of Ottawa, the MC for the evening.

The observance of Shabbat on October 24-25 was a celebration of Jewish unity around the world, with more than 212 cities in 33 countries participating in the International Shabbat Project, which started in South Africa last year as a way of unifying that country's Jewish community.

Rabbi Reuven P. Bulka of Congregation Machzikei Hadas led the Havdallah service, ushering in a new week by

directing the crowd in "lighting" their small, electric candles and smelling sweet spices provided as he demonstrated the tradition from the stage. Some in attendance also held their own traditional, multi-wicked Havdallah candles.

"Behold. Look around you tonight," Rabbi Bulka addressed the crowd. "What a magnificent sight: an entire community gathering together to recite Havdallah and to celebrate together.

"There is a distinction between sitting
See Havdallah on page 2

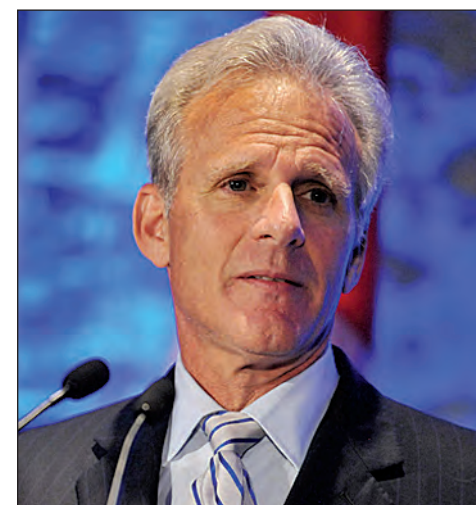


PHOTO: MARILYN MIKKELSEN

Michael Oren, Israel's former ambassador to the United States, speaks at the Negev Dinner honouring Dorothy Nadolny, October 21.

inside: Michael Regenstreif on a sad day in Ottawa > p. 7

Awareness campaign on Jewish poverty launched > p. 11

Stolperstein: Film documents unique Holocaust memorials > p. 16

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Havdallah: Historic gathering caps special Shabbat

Continued from page 1

together and sitting and being together,” Rabbi Bulka added.

“Tonight we are sitting and being together. We’re here as a community to show that, even though we have differences, even though we don’t agree on everything, there’s enough we agree on that we can come together to celebrate.”

Bram Bregman, vice president of community building for the Federation, participated in the pivotal meeting of rabbis earlier in October.

“It was something actually quite historic,” Bregman said. “There was this real excitement around the room to do something together.”

The meeting was organized at the behest of a community member who wished to remain anonymous. His donation funded Ottawa’s participation in the Shabbat Project – including the Havdallah event.

The unity of Ottawa’s diverse Jewish community was further emphasized when three people spoke to the crowd about what Shabbat means to them.

Sari Zelenietz, a Machzikei Hadas congregant, said Shabbat is important to

bring people together.

“You hear a lot today about how people feel lost and don’t feel connected,” she said, adding that, when she disconnects from her electronics, Shabbat gives her space to connect more strongly with her family and community.

Ottawa Jewish Bulletin columnist Jason Moscovitz, an Agudath Israel congregant, recalled a special Shabbat dinner organized by his daughters eight years ago in Jerusalem, while Jonathan Miller, a Grade 8 student at Ottawa Jewish Community School, spoke about how Shabbat brings his family closer together.

For Adath Shalom congregant Alan Diener, attending the community Havdallah inspired him to get more involved with the community, especially with his son’s bar mitzvah to take place next year, he said.

“I go to synagogue once in a while, but not regularly,” he said of his Shabbat habits. “Normally I wouldn’t be doing that much.”

“O Canada” and “Hatikvah” were sung before the service in a mark of respect and solidarity following terrorist attacks in Ottawa and Jerusalem earlier in the week, and Diener said it was an emo-



PHOTO: HOWARD SANDLER

Shtreiml performs a lively klezmer tune, October 25, at the Havdallah celebration, which culminated Ottawa’s participation in the International Shabbat Project.

tional experience to sing the national anthems with the community, adding that it is important to maintain the evening’s spirit of unity.

“We have more in common than differences,” he said. “We share common values and common heritage.”

After the Havdallah service, Shtreiml, the Montreal-based klezmer band, took

to the stage to perform a lively set of traditional Jewish music and some original songs written by bandleader Jason Rosenblatt. Many in the crowd clapped and sang along, while others spontaneously broke into dance during the set.

Attendees capped off the evening by enjoying a dessert reception.

Dinner: Funds to support medical research and build shelters

Continued from page 1

of the Hebrew University of Jerusalem.

Nadolny was honoured for her lifelong commitment to the Jewish community here in Ottawa and to the State of Israel, explained dinner chair Stephen Victor.

Victor announced that proceeds from the Negev Dinner were \$1,317,000, and part of these proceeds, he said, “will fund world class research in cardio-metabolic care and health” at the Herbert and Dorothy Nadolny Cardio-Metabolic Diseases Research Hub at the Hebrew University’s Institute for Medical

Research Israel-Canada.

The other undertaking to be funded from the Negev Dinner proceeds is the Herbert and Dorothy Nadolny Secure Spaces for Ofakim project.

Ofakim – where residents have only 15 seconds to find shelter once a siren has been sounded – is one of the small communities in southern Israel that has been most affected by rocket fire from Gaza. JNF will use the gift to build mobile and permanent shelters for the people of Ofakim.

In her remarks, Nadolny paid special

tribute to her late husband, Herb Nadolny.

“Thanks to his successful business,” which she noted was run with his lifelong friend and partner Lyon Sachs, “we were able to give tzedakah to worthy causes in the Ottawa community and in the State of Israel.”

Admitting to “enormous satisfaction” from the contributions she has been able to make to organizations and causes she holds dear, Nadolny said she never imagined she would someday be a Negev Dinner honouree.

“The truth is,” she said modestly, “the many organizations I have been involved in over the past 50 or more years have done more for me than I could ever have done for them.”

The keynote speaker for the evening was American-born historian Michael Oren, Israel’s ambassador to the United States from 2009 to 2013.

Oren, who peppered his speech with anecdotes about bringing his family to meet U.S. President Barack Obama at the White House, and about growing up in New Jersey where his synagogue was bombed by the Ku Klux Klan, said the story of the Jewish people was among the most exciting narratives of all time.

“Our people have survived the most harrowing of journeys,” he said. “We have survived slavery, war, destruction, exile, pogroms and the worst mass massacre in the history of the world. And, yet, we have never once lost our connection and our loyalty to our ancestral homeland.”

Oren pointed out Israel’s emergence as one of the world’s most dynamic centres for education and high-tech innovation and commented on such issues as the peace process and Iran’s quest for nuclear capability.

Peace with the Palestinians will be possible, he said, when the Palestinians recognize Israel’s right to self-determination as the Jewish homeland. Iran’s nuclear ambitions – a recipe for Israel’s destruction – must be thwarted, hopefully by a diplomatic solution.



PHOTO: MARILYN MIKKELSEN

Dorothy Nadolny (second from left) receives her certificate of honour at the Negev Dinner. With her (from left) are Negev Dinner Chair Stephen Victor, JNF National President Jerry Werger, JNF Ottawa President Alan Blostein, JNF Ottawa Executive Director Lynda Taller-Wakter and Rabbi Reuven P. Bulka, the Negev Dinner MC.

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Ottawans embrace Sar-El program in record numbers

BY IAN SADINSKY
SAR-EL OTTAWA

On August 20, Sar-El Ottawa co-chairs Dale Fyman and Ian Sadinsky organized a meet-and-greet to explain the Sar-El program, which places volunteers in various jobs on Israel Defense Forces (IDF) bases. The program has been in existence since 1982 and, usually, a couple of people from Ottawa participate each year.

To our surprise, more than 40 people came to the meet-and-greet and, to date, almost a dozen have already applied to go to Israel as Sar-El volunteers. Dale said the Sar-El Canada organizers in Montreal were so shocked with the sudden influx of participants they asked, "What's happening in Ottawa? We've never seen numbers like this from Ottawa before."

Because of the interest, a second Sar-El meet-and-greet will be held on Thursday, November 20, 7:30 to 8:30 pm at the Soloway Jewish Community Centre.

What is happening in Ottawa? Long-time community volunteers Joel and Barb Diener are planning to go to Israel in February as Sar-El volunteers.

"We read about the program during this year's conflict in Gaza. We felt that we wanted to do our part for Israel ... more than just giving money. We are excited at the chance to immerse ourselves on a base and live as the soldiers do," said Joel.

"Our work will be a minor part of the military effort, but we realize that it frees up soldiers to do what they are best equipped to do," Joel added.

In fact, the Sar-El program, with

participants from around the world, saves the IDF more than \$12 million (U.S.) annually. So the program makes a significant contribution to Israel's defence and well-being.

Sar-El volunteers assume non-combat roles at bases around the country and are not officially members of the IDF.

Medical and security checks as well as

references are required for all Sar-El volunteers and application forms are available online at www.sarelcanada.org or by contacting Sar-El Canada at 514-735-0272.

Additional questions may be addressed to Sar-El Ottawa Co-chairs Dale Fyman at dale@sarelcanada.org and Ian Sadinsky at ian@sarelcanada.org.



Ian Sadinsky volunteering for Sar-El at an Israel Defense Forces base.

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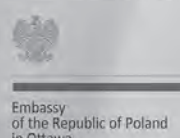

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Making positive choices in the face of devastating tragedy

Author **Lynda Fishman**'s mother and two sisters were tragically killed when she was 13.

Monique Elliot reports on Fishman's keynote speech at the 2014 *Choices* event.

For those who knew Lynda Fishman and her family growing up in Montreal, this year's *Choices* event of the Jewish Federation of Ottawa's Women's Campaign was especially meaningful.

More than 300 women filled Agudath Israel Congregation, October 28, to hear the author and motivational speaker talk about her own life choices after her mother and two younger sisters died in a devastating Air Canada plane crash in 1970, when she was just 13 years old.

Fishman said she hopes people understand that, when they suffer a loss, they have choices.

"No matter what you're faced with in life, you can choose to get back on the path of life and joy and happiness again," she said. "And that's what people who die really want us to know. They want us to be happy again."

Fishman's 2010 memoir, *Repairing Rainbows: The True Story of Family, Tragedy and Choices*, chronicled her struggle to grieve her family. The social protocol of the era was to rid the house of mementos and never speak of the dearly departed in an effort to repress the sadness of loss, she said.

While recognizing there is an appropriate time to grieve openly, Fishman said she cultivated eight key strategies for living a vibrant, happy life, which allows her to balance meaningful work and build strong relationships with her husband, children and grandchildren. [See sidebar.]

Fishman's message that one can choose to be happy when coping with tragedy resonated with many who attended the event.

Women's Campaign Chair Leiba Krantzberg said she was immediately drawn to Fishman's story as she also lost her mother at a young age.

"She's one of us. She's a Jewish girl who grew up in a Jewish community in

Montreal and lived through a horrendous tragedy and is the kind of woman we'd all like to be," Krantzberg said.

Some had a personal connection to Fishman's story. *Choices* Chair Shari Silber's best friend was Carla, the speaker's 11-year-old sister.

"Lynda and I had a chance to connect after 44 years and revisit the whole experience. We both realized that the main thing was that there was never any closure around the horrible tragedy, because, at that time, they didn't use psychologists or counsellors," Silber said. "Even for the kids at school, we went back to school and nothing was ever acknowledged."

Choices attendee Andrea Blaustein said she had recurring dreams about Wendy, her childhood best friend and Lynda's eight-year-old sister, for decades after the crash, and said she is grateful Fishman was chosen to be the keynote speaker.

"Lynda's words were life-giving," said Blaustein, who reconnected with Fishman in 2010 in the lead-up to the 40th anniversary of the crash. "Her



PHOTO: HOWARD SANDLER

Keynote speaker Lynda Fishman (centre) at Agudath Israel with *Choices* committee members and Jewish Federation of Ottawa officials. (From left) Committee members Susan Finkelman, Debbie Silverman, Sandra Zagon and Erin Bolling-Bleichman; Federation President and CEO Andrea Freedman; Women's Campaign Chair Leiba Krantzberg; Fishman; *Choices* Chair Shari Silber; committee members Lori Rosove and Anna-Lee Chiprout; Federation Director of Development Arie Rosenblum; and committee member Gina Camel-Toueg.

mother would have been proud of her."

The atmosphere of gratitude and positivity moved some attendees to tears, including Fishman.

"It feels incredibly supportive to finally know that there are people out there who miss them too," she said.

Fishman said she has always been drawn to happy, positive and giving people, adding this allowed her to feel at

home among the donors attending the *Choices* event.

Six weeks into the Campaign, Krantzberg said, contributions have increased at a rate of 4.5 per cent and currently total more than \$3.1 million.

Fishman agreed that she is in good company in Ottawa.

"I feel a connection to Ottawa and really every place I go to tell my story because it's a story that everybody can relate to, and people are people and we all experience loss," she said. "As soon as I tell my story and connect with wherever I am, there are no boundaries.

"I feel incredibly blessed in my life."



PHOTO: HOWARD SANDLER

Lynda Fishman signs copies of her book, *Repairing Rainbows: The True Story of Family, Tragedy and Choices*, following her keynote address, October 28, at the 2014 *Choices* event of the Jewish Federation of Ottawa Women's Campaign

LYNDA FISHMAN'S HAPPINESS PRINCIPLES

- Surround yourself with positive people
- Look ahead – don't look back
- Help others
- Express gratitude
- Stay busy
- Have faith and patience
- Spend time with animals
- Choose positive thoughts



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FEDERATION
REPORT



**JEFF MILLER, CAMPAIGN CHAIR
AND LEIBA KRANTZBERG,
WOMEN'S CAMPAIGN CHAIR**

Why the Federation matters in our own lives

infant son, we moved to a city where I knew very few people. Montreal had always been my home, but that changed quickly, thanks to the Ottawa Jewish community.

I started working at GGFL where my mentor, Gerry Levitz, got me involved with Jewish Family Services. Serving as treasurer gave me a sense of responsibility and understanding how volunteering can make a difference.

Later, I was asked to be the treasurer at Hillel Academy where our children were going to school. It was a natural fit, and I would ultimately transition to the role of president.

I met and forged an unbreakable bond with my best friend, the late Arnie Vered, on the Hillel Academy board. I can't possibly express my gratitude to the Federation for that one.

I have built many relationships as a result of my involvement with beneficiary agencies and the Federation. I met friends in the Jewish Men's Basketball League and Softball League, both

programs of the Soloway Jewish Community Centre (JCC).

I want to see the Federation thrive because it ensures that other Jews who move to Ottawa will continue to have a place to turn for the instant acceptance and sense of belonging I experienced 30 years ago and continue to feel today.

LEIBA KRANTZBERG: WORKING TOGETHER

Growing up in Ottawa made me feel special. Our small community felt like an extension of my immediate family. From a young age, I was taught to get connected and stay connected. Of the many valuable lessons my late father taught me, the most significant was that of understanding the importance of participating in the community.

Jewish life in Ottawa has never been better, and our beautiful campus, the result of dedicated community effort, provides a hub of activity for all ages. The community has also provided much

opportunity to my children. Both graduated from Hillel Academy and are alumni of Camp B'nai Brith. They learned to swim at the Soloway JCC, where they also did various sports and day camps. My children have also benefited from volunteering at Tamir and for the Federation.

I am now in the home stretch of my two-year term as Women's Campaign Chair. I have volunteered all my life and have served on many boards and committees, but nothing compares to this. To be able to reach people and share my passion, commitment and desire to build a stronger community has been one of the most profound experiences of my life.

The Federation has re-enforced what my beloved father taught me:

WE have a Jewish obligation of making the world a better place. WE are responsible for each other.

WE are responsible to build and maintain a strong and vibrant Jewish community.

WE are responsible to ensure that our children are educated Jewishly.

WE are responsible for growing Jewish philanthropy.

Federation is ENRICHING LIVES. Indeed, Federation has ENRICHED MY LIFE.

At the Jewish Federation of Ottawa's 2015 Annual Campaign Kickoff, we heard testimonials from people who have been positively affected by the programs run by Federation beneficiary agencies. These presentations demonstrated the importance of Federation support to people's lives.

As co-chairs of the Annual Campaign, we would like to tell our stories.

JEFF MILLER: A SENSE OF BELONGING

In 1984, my wife, Rhoda, wanted to move back to Ottawa. So, along with our

FROM THE
PULPIT



**RABBI REUVEN P. BULKA
MACHZIKEI HADAS**

Coming together, being together

told you that Havdalah is Kiddush, your reflexive reaction of disbelief would be understandable, but after the reflex, that is exactly what Havdalah is – Kiddush.

Kiddush is the sanctification statement, the ushering in of the Shabbat. Even though the seventh day, by definition, is Shabbat, nevertheless, we are obliged to actively embrace the Shabbat by welcoming it via the Kiddush.

However, everything sacred is sacred at both ends. If a day is sacred, then the sanctity has a beginning point and an end point. So, we welcome the Shabbat and its magical sanctity with the Kiddush. We bid farewell to the day with a farewell, a Havdalah, literally a Kiddush at the other end.

Included in the Havdalah is the ubiquitous cup of wine or grape juice, signifying the fullness of life. Added to it are two blessings, one over spices, to enhance our diminished spirit at the conclusion of the spiritually uplifting Shabbat experience.

The other added ingredient is a multi-wicked flame over which a blessing is recited. Interesting reasons are suggested for this, the most simple being that, by igniting the flame, we signify Shabbat has concluded. We can therefore use the flame and do other materially creative things that were proscribed on Shabbat.

We conclude the Havdalah with the traditional blessedness of God, and reference to the separation of the holy

from the – well, depends on how you translate the word – *hol*. The exact Hebrew is *HaMavdil bayn Kodesh l'hol* (Who separates the holy from the "profane").

That is a weird translation. *Hol* is certainly not profane, but that bad translation has found its way into many siddur texts. The best translation of *Hol* is "ordinary." We invoke God's blessing as the Delineator of the Sacred from the ordinary.

We oscillate between the ordinary and the extraordinary, or sacred. Shabbat is the time for the sacred, a time removed from ordinary pursuits and singularly focused on the sacred: the sacred day itself, the sacred relationships we cherish and ennobled, and the sacred texts that define us.

Even as we say farewell to the Shabbat, we realize we will be welcoming Shabbat again in just six days. As such, the six ordinary days are book-ended by the Shabbat, as if to remind us to let the sanctity of the day spill over into the ordinary days, wherein we embrace with renewed vigour the fullness of our responsibilities, some more mundane than others, but all of them necessary.

So, Havdalah is less separation and, more accurately, delineation – specifically delineation of the day in which we are inspired from the days into which we carry that inspiration.

May we all be inspired to continue community building.

To meet my deadline, this column was written a few days before a big event in the community – the Shabbat that enveloped Ottawa on October 24-25, culminating with a communal Havdalah celebration.

Congratulations to everyone who worked hard to make this happen on short notice, and kudos to the many religious and service institutions that came together in common partnership for this event.

It is great for the community to come together. It is even greater for the community to be together. So, this was written with a great sense of anticipation, as well as appreciation.

A word about Havdallah: the word Havdalah actually means separation. Ouch. Here we are, getting together for separation? Does that make sense?

What is Havdalah about anyway? If I

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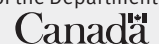
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Monique Elliot

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FROM THE
EDITOR

MICHAEL REGENSTREIF

A day that strengthened our understanding of what it means to be Canadian

that launched the attack on Parliament. And it all happened so fast, apparently less than two minutes from the time of the Cirillo murder until he entered Centre Block. Samearn Son, a brave security guard on duty at the door, saw the gun and tried to wrestle it away. Son was shot in the foot (he was treated at the Ottawa Hospital and released), but his actions alerted security staff to the danger.

House of Commons Sergeant-at-Arms Kevin Vickers, a veteran former RCMP officer, quickly went to his office, retrieved his firearm and, with other security officers and RCMP officers, engaged the attacker in a gunfight killing him.

All this took place while the parties were holding their weekly Wednesday morning caucus meetings. The Conservative Party – including the prime minister and cabinet ministers – and New Democratic Party meetings, in fact, were taking place behind closed doors in the very corridor, the Hall of Honour, where the shoot-out took place.

Although the terrorist was killed just moments after his spree began at the

War Memorial before 10 am, Ottawa remained a scary place for many more hours through the rest of the morning, the afternoon and well into the evening.

Although it turned out he was a lone wolf, there were initial reports of two, possibly three terrorists on the loose in downtown Ottawa or in the wooded areas behind the Parliament buildings.

There was an early report of shots fired near the Château Laurier Hotel, literally just steps from both the National War Memorial and Parliament Hill, which turned out not to be true. Then there were reports of shots fired in the nearby Rideau Centre shopping mall. Later, those reports changed to shots fired somewhere outside the Rideau Centre. These reports also turned out to be false.

Meanwhile, cell phone networks all over Ottawa were overloaded and jammed for hours. MPs, Hill staffers and people working in offices blocks away remained under lockdown as rumours swirled through the city. And, when the Ottawa Police and RCMP held a news conference at 2:15 pm, they did not seem

to yet know how many suspects were involved. The situation, they said, was “ongoing.”

Not just sad and scary, it was an altogether strange day in Ottawa. The normal rhythms of our city were thrown off as we tried to understand and cope with the brutal murder of the soldier at the War Memorial, the attack on Parliament, and of just not knowing what was going on.

The prime minister, we were told, had been taken to an undisclosed safe location. It would be 10 hours before we heard from him.

And it was on *Twitter* at 12:40 pm from Employment and Multiculturalism Minister Jason Kenney that we learned the soldier shot at the War Memorial had died. Why were we hearing this in a tweet from the employment minister and not from an announcement by the defence minister or the minister of public safety?

It was also a day that brought us together. We came together in grief over the heartbreaking loss of Nathan Cirillo, in admiration for the valiant efforts of those on the scene who tried to save him, and in awe of the bravery of Kevin Vickers and the police and security officials who protected Parliament and the city.

It was a sad, scary and strange day. A day we will not soon forget. But it was a day that strengthened our understanding of what it means to be Canadian.

It was a sad, scary and strange day here in Ottawa.

Wednesday, October 22, 2014 was so very sad, of course, because Cpl. Nathan Cirillo, a Canadian Forces reservist standing ceremonial guard at our National War Memorial, was murdered, shot cowardly in the back by a terrorist, leaving behind a five-year-old son he was, by all accounts, devoted to.

It was a scary day. As quickly as the news broke of the attack at the War Memorial, we heard that Parliament itself – the very seat of our Canadian democracy – was under attack. The Hill and much of downtown Ottawa was locked down as reports of gunfire in Centre Block quickly spread through the city.

It was, we learned, the same gunman who shot Cirillo at the War Memorial

IDEAS AND
IMPRESSIONS

JASON MOSCOVITZ

‘It was so predictable, yet no one could stop it’

Parliament of Canada? How could a single gunman get that far?

One huge misconception is that Canada lost its innocence last month. Let’s remember the FLQ crisis in 1970, the fatal shooting of 14 women at the École Polytechnique in Montreal in 1989, and the storming of Quebec’s National Assembly in 1984, which led to the shooting deaths of three people and the wounding of 13 others. Sadly, acts of terror are not new to Canada. The context and the times are different, but an act of terror is just that.

The National Assembly shootings were 30 years ago and, in their aftermath, you would have thought security conscious people in the House of Commons would have taken notice right then and there. My point being, it should not have taken the mass murder of 9/11 to wake people up to the risks and dangers.

I was at the National Assembly that day in 1984, and my strongest recollection is how easy it was for a gunman to walk in the door and to do the killing and wounding he did. The moral of the story then was that legislative buildings were easy prey

and, yet, even after that event, it was still possible to drive a car or truck under the Peace Tower in Ottawa and walk in the front door.

What is harder to come to grips with, especially after 9/11, is how Employment and Multiculturalism Minister Jason Kenney was quoted as saying on the day of the recent attack that, for a long time, he and his colleagues feared this very thing. It was so predictable, yet no one could stop it.

What is incredibly lucky is that a group of terrorists didn’t come to Parliament with machine guns and grenades. It could have happened. We live in a very cruel world, a cruel and increasingly barbaric world. Yet, our Parliament was still so penetrable.

In the modern era, increasingly intense terrorist attacks have been occurring globally since the early-1970s, including a major one with a huge Canadian dimension. Did we forget about the blowing up of the Air India flight in 1985, which killed 325 passengers, many of whom were Canadians? Add that to our list of how Canada lost its innocence a long time ago.

Yet, within Parliament, there has been a

long-held view – in fact, a culture – of hearing no evil and seeing no evil that is based on a fundamentally noble objective that our Parliament Hill does not become an armed fortress. We can lament the depressing thought that nobility comes at an enormously steep cost we can no longer afford.

While the RCMP is responsible for security on the Hill, an important fact is that their responsibility stops at the front door. Inside, the Parliament buildings are patrolled by House of Commons and Senate constables, mostly in uniform, fewer in plainclothes.

What is so hard to believe is that, until this event, the uniformed constables wore bulletproof vests and carried walkie-talkies on their belts, but not firearms. Essentially, they were defenceless. They are there to keep order and, on normal days, having unarmed guards greet the public is just so nicely and politely Canadian.

The only people with guns inside the Parliament buildings were the constables in plainclothes, their revolvers hidden under their jackets for no one to see. That, too, comes across as just too modestly Canadian in today’s dangerous world.

No, we didn’t lose our innocence that day. What we lost forever, despite our history, is that lingering, misguided belief that it couldn’t happen here.

There was a time anyone could drive their car, truck or motorcycle to the front door of Parliament right under the Peace Tower. People could walk in the front door and wander about quite easily. Security was more of an afterthought than a hands-on, knee-jerk necessity.

I can hear the voices. That must have been a very long time ago, another age, and another half-century ago. It was actually only 13 years ago. September 11, 2001 changed things – but clearly not enough, as the events of that terrible Wednesday last month have proven. How could anyone in 2014 walk in with a rifle and shoot up the Hall of Honour in the

Jeff Greenberg

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MY ISRAEL

In regard to "ISIS fuelled by the same hatred and ignorance that threatens Israel's existence," Barbara Crook's *My Israel* column in the October 22 edition of the *Ottawa Jewish Bulletin*, [in my opinion]:

It is not disputable that the settlement policies in the occupied territories pursued by the Netanyahu regime have become an important obstacle to a two-state solution. That Crook dismisses such an explanation is unfortunate;

Israeli barbarism displayed in the most recent Gaza conflict does not differ dramatically from Crook's interpretation of the ISIS savagery. Israel's killing of innocents in Gaza was disproportionate to the harm inflicted by the Palestinian terrorists on Israelis. Both sides erred, but the collective punishment inflicted by Israel was unnecessary;

To characterize U.S. President Barack Obama as an appeaser is insulting. The last thing the world needs now is another Crusade in the Middle East. Attempting to force countries in that region to be "just like us" proved senseless in Iraq. Obama and [his secretaries of state] Hillary Clinton and John Kerry not only have learned the lesson, but also tried to change the trajectory of both the discourse and policy;

Given Israel's military might, the struggle with Islamic extremists does not threaten the survival of Israel. Such assertions are just talking points for those [who] attempt to frighten those who see the need for a more balanced response from the Israeli polity. Indeed, a more balanced approach *could* have the effect of undercutting the project of Islamic extremists as well as those disaffected peoples who have been oppressed by the political and military apparatus in Israel;

And, finally, as Jews, we should be promoting ideas and actions to achieve peace in the Jewish homeland.

Stephen L. Harris

KOSHER MEAT AT LOBLAWS (1)

In response to the letter about the availability of kosher meat (*Mailbag*, October 22), we want to assure customers that we strive to have all of their meat needs met.

We understand that we are one of the leading destinations for kosher meat in the city and are working closely with our suppliers to improve its availability year round.

We recently appointed a new assistant store manager whose role, in part, is to better serve our Jewish customers, and we are in the process of planning bi-annual focus groups to discuss kosher food in the store. We want to invite any interested customers to join us for a conversation mid-November with our local rabbi on a range of offerings including dry goods and fresh product.

Customers are also encouraged to stop by at any time to talk about their experiences and provide suggestions for how we can improve our product assortment and shopping experience.

Dave McDonough,
Store Manager, Loblaw College Square Market

KOSHER MEAT AT LOBLAWS (2)

I read Alan Williams' letter on the availability of kosher meat at Loblaws (*Mailbag*, October 22), and there are two issues to consider. The first is the availability and service from the suppliers, while the second is the service at the kosher department of the College Square Loblaws.

At Loblaws, Jen Robillard and her staff work diligently to serve us customers well, while dealing with the limitations thrown at them by their suppliers.

I agree that a community strategy is needed here to support and appreciate the work of the kosher department staff at Loblaws and to present a unified front to suppliers so that Loblaws can get the products we expect.

In the meantime, I recommend everyone do what I did and write to the manager of College Square Loblaws and to Loblaws president Galen Weston to express our support for the staff here and to remind them of the impact of our shopping on their revenues.

Carol Pascoe

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LETTERS WELCOME

Letters to the Editor are welcome if they are brief, signed, timely, and of interest to our readership. The *Bulletin* reserves the right to refuse, edit or condense letters. The *Mailbag* column will be published as space permits.

Send your letters to Michael Regenstreif,
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Ambassador Oren's optimism

Michael Oren, keynote speaker at the Negev Dinner honouring Dorothy Nadolny, spoke with JNF prior to the annual event held on October 21. He is very vocal about the vitality of the State of Israel. In 1948, after the War of Independence broke out, it was believed the newly born state would survive for three weeks. Of course, 66 years later, we all know the naysayers underestimated the resilience of the original 600,000 Jews who fought with hand guns and steely determination.

Mr. Oren segments hostilities towards Israel in three phases: traditional war, terrorism, and now the threat of demonization and isolation. In 2014, as Israel faces new challenges and isolation and a host of neighbouring threats from Iran's nuclear program, Hezbollah's stash of 100,000 rockets in Lebanon, weak Egyptian patrol of the Sinai and more, he reminded us how to have hope.

In 1948, Israel had no economy. Today, Israel has just surpassed France in terms of its economic power. Israel no longer has major armed disputes with Egypt and Jordan. China is building in Tel Aviv – with Chinese writing writ proud on cranes hovering over Tel Aviv. Israel and the United States have a very deep relationship extending beyond what headlines might otherwise suggest. Even Turkey has expressed interest in a gas pipeline between the two countries.

Business, it seems, makes for strange bedfellows in the Middle East.

Latin American delegation wants to "learn from Israel"

In October, a delegation from Latin America, including representation from Chile, Costa Rica, Dominican Republic and El Salvador, visited many agricultural research and development stations developed by JNF-KKL in southern Israel's Arava region.

Costa Rican Ambassador Carreras said that, as a professor, he was most impressed at how the station served local farmers and wasn't looking for academic accolades. Counsellor and Chargé of Consular Affairs of the Embassy of Dominican Republic Santana Guerrero said, "We have a great deal to gain by learning about some of Israel's technological achievements," to better utilize their own resources.

Chilean Embassy Deputy Chief Alcataman noted that the visit reaffirmed his appreciation for Israeli innovations, and said he was keen to look into joint Israeli-Chilean projects where it made climatic sense.

"Most of Chile's famous vineyards are in the central part of the country," he said, "but seeing what has been accomplished in Israel, I believe production could also be expanded to the desert region in the Chilean north. Water management is a serious problem for us, and there are a number of areas in which Israel and Chile could co-operate."

Sefer Bat and Bar Mitzvah Inscription

Kayla Shira Sabloff's Bat Mitzvah by Rena Kimia-Sabloff and Mitch Sabloff.

Robert Gordon Cameron's Bar Mitzvah by his grandparents, Leon and Doris Bronstein and Marion Cameron.

David John Gencher's Bar Mitzvah by Bubbie Leah Gencher.

On a daily basis you can plant trees for all occasions. An attractive card is sent to the recipient. To order, call the JNF office (613.798.2411).



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Members of Amit Chapter at an event in 1981:
(Seated, from left) Debbie Baylin, Sheila Beck, Toby Yan, Susan Gold, (standing) Vivian Astroff, Sharon Feller Cohen, Lezlie Oler, Geri Goldstein and Carol Pascoe.

Amit Chapter of CHW to celebrate 40th anniversary

BY PATSY ROYER
AMIT CHAPTER – CHW

In 1974, a group of young Jewish women in Ottawa formed Amit, a new chapter of Hadassah-WIZO – now known as Canadian Hadassah-WIZO (CHW). Over the years, the group has grown in strength and numbers and is now the busiest CHW chapter in the city.

With nearly 40 active members, Amit supports CHW projects in Israel and Canada, including daycare centres, high schools and trade schools for at-risk youth, women's shelters and hot lines, as well as specific projects in two of Israel's finest research and treatment hospitals. Groundbreaking work is being done in these centres in such fields as women's health care and rapid stroke treatment.

Over the years, Amit Chapter has organized and participated in many successful projects, including Hadassah-WIZO bazaars, A Taste of Chocolate and Designer Duds. Our annual Spring Tea, now in its 13th year, honours an exemplary member of the Ottawa community and recent honourees have included Helen Saipe, Dave Smith, the late Inez Zelikovitz, Ruth Aaron and Barbara Crook.

Amit Chapter will hold a big 40th Anniversary Reunion party to celebrate our milestone on Saturday, November 22, 7:30 pm, at Temple Israel, 1301 Prince of Wales Drive.

We encourage you to share this article with friends and family in hopes that all members of Amit and other CHW

chapters, past and present, as well as interested friends and family will join us.

The evening will start with a friendly game of Trivia, emceed by Lorne Rachlis. Get ready for awesome Israeli and contemporary dancing. Come prepared to schmooze, catch up with old friends, make some new friends and have a ball. And, of course, you will be dazzled by our sumptuous desserts and refreshments.

There will be a few surprises, door prizes and lots of laughs. Admission is \$22.50 per person. E-vites are being sent, so, if you wish to receive an invitation, contact Patsy Royer at pmroyer@gmail.com or 613-233-3099.

Interested members of the community are most welcome!



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OJCS students becoming part of history in new course

BY SARA-LYNNE LEVINE
OTTAWA JEWISH COMMUNITY SCHOOL

Ottawa Jewish Community School (OJCS) Grade 8 students will take on the roles of various historical figures and participate in a Jewish-themed court case during an upcoming mock trial.

Jewish Court of All Time (JCAT) allows students to learn about history by adopting a historical figure and acting in that role.

The online program allows students to discuss cultural, social and moral issues surrounding a mock trial, using the voices of their adopted characters. In doing so, JCAT provides students with an opportunity to practise historical research, deliberation, perspective-taking, genre and voice in writing and other skills.

“This hands-on, innovative program is exactly the type of learning we encourage at OJCS,” said Rabbi Howard Finkelstein, dean of Judaic Studies. “Under the leadership of Rabbi Rotenberg, our students are not just learning history, they are taking part in history and JCAT will provide a more detailed, immersive and educational experience.”

OJCS is one of 21 schools – the only one in Canada – taking part in this innovative exercise. According to the RAVSAK (Jewish Community Day School Network) website, “Students will interact with other students from around North America, as well as their teachers, and graduate student mentors. In character, students will be asked to review historical documents, and to engage in ethical debates, all to assist in adjudicating the JCAT trial.”



Rabbi David Rotenberg assists students with a Torah reading, October 15, as they prepare for Simchat Torah. The student-led celebration of the end of the annual cycle of Torah reading and the beginning of the next also included hakafot, dancing and flag-waving.

OJCS students will research and learn about historical

figures including Simon Wiesenthal, Leo Baeck, Natan Sharansky, Elie Wiesel and Alan Dershowitz. In the next few months, they will assume those personas and, in their voices, take part in a trial advocating from their perspectives.

“This goes far beyond traditional textbook learning,” said Grade 8 Jewish history teacher Rabbi David Rotenberg.

“This program allows our students to develop a deeper understanding of current issues and Jewish history.”

To learn more about the Judaic curriculum at OJCS, or to book a private tour, contact Andréa Black at 613-722-0020 or andrea.black@theojcs.ca.

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National awareness campaign on Jewish poverty launched

BY ANDREA GARDNER
JEWISH FAMILY SERVICES OF OTTAWA

One in seven Canadian Jews lives below the poverty line. According to the analysis of the 2011 National Household Survey by Jewish Federations of Canada-UJA, the number of Jewish poor in Canada is on the rise.

In Ottawa, there are more than 1,200 Jews living in poverty, including adults, children, Holocaust survivors, single parent families and the disabled. Many feel isolated and vulnerable and their choices are not about which schools to attend, which summer camp to go to or where to travel, but rather which bills to pay, how to put food on the table and where to turn for help.

Jewish Family Services of Ottawa, through our Tikvah Program, has had a long-standing commitment to helping and supporting our Jewish community's most vulnerable.

Through financial support; access to food security programs, such as the Kosher Food Bank and Miriam's Well; advocacy; assistance in accessing essential resources; support over the holidays; and counselling, we have reached out and affected the lives of hundreds of Jews living in poverty.

A new initiative, the National Think Tank on Poverty – with representatives of

Jewish Family Services agencies and Federations from across Canada, as well as Jewish Federations of Canada-UJA and the Association of Jewish Family & Children's Agencies Canada – has been established to develop a common framework, language and understanding grounded in Jewish values, which advances the conversation on poverty in the Canadian Jewish community.

The National Think Tank on Poverty's statement is our first step.

STATEMENT ON JEWISH POVERTY IN CANADA

On October 17, the international community marked the 21st annual UN Day for the Eradication of Poverty. On this same day on the Hebrew calendar, the 23rd of Tishrei 5775, Jews around the world celebrated the joyous holiday of Simchat Torah, which celebrates the conclusion and start of the reading of the Sefer Torah. It is from this ancient and holy text that we derive our communal commitment and obligation to ensure that every member is sustained by the whole.

The Jewish community's experience with poverty mirrors the broader Canadian reality.

Almost 15 per cent of the Canadian Jewish population, including one in five

children, lives below the poverty line. But poverty within the Jewish community is as elusive as it is pervasive: it remains largely hidden.

When the research paper, "The Poor Among Us," was published 30 years ago, it noted "the Jewish poor are a minority among Jews because they are poor, and are a minority among the poor because they are Jews."

Today, the challenge of the invisibility of Jewish poverty persists.

Jewish individuals and families living in poverty attend our day schools, worship in synagogues and participate in community activities.

They are our new immigrants, here to make a fresh start; our seniors; and families with dual working parents.

They may struggle with mental and physical illness. Like all of us.

They are our neighbours, friends and family. Poverty affects not only the individual or family in crisis, but also our community's overall health and welfare as well.

WHAT CAN WE DO?

We cannot change what we don't acknowledge. We need to sensitize and educate ourselves.

We need to develop community-specific responses to the needs of our

members living in poverty.

We need to invest in our youth and support our seniors.

We need to hold governments accountable and ensure they create, fund and deliver adequate social and economic policies, programs and services to end injustices – including poverty – and prevent them, to the benefit of our communities as part of the greater whole.

Strategies may vary city by city, or community by community, but, fundamentally, we need to act.

Jewish Family Service agencies and the Jewish Federations across Canada have joined together to raise awareness surrounding this critical issue facing our communities.

Coast to coast, we are committed to instilling an increased mindfulness of poverty in our vibrant and caring Jewish community. And we are committed to being part of a national solution.

Over the coming months, we will be reaching out to Canadian Jewish communities with opportunities to inform, engage and act.

In the same manner that anyone can be affected by poverty, we all have the capacity to fight poverty and improve the lives of our Jewish brothers and sisters."

Stolperstein

German artist Gunter Demnig creates tiny brass Stolperstein ("stumbling stones") and embeds them into the concrete in front of homes where individuals, who were targets of the Nazis, had once lived, were rounded up, taken away and murdered. Each "stone" begins with **HERE LIVED...**

As of 2013, Demnig has realized over 43,500 memorials.

Producer Gunter Hanfgarn's moving documentary explains the **Stolperstein Project**; the Canadian premiere is part of Holocaust Education Month.

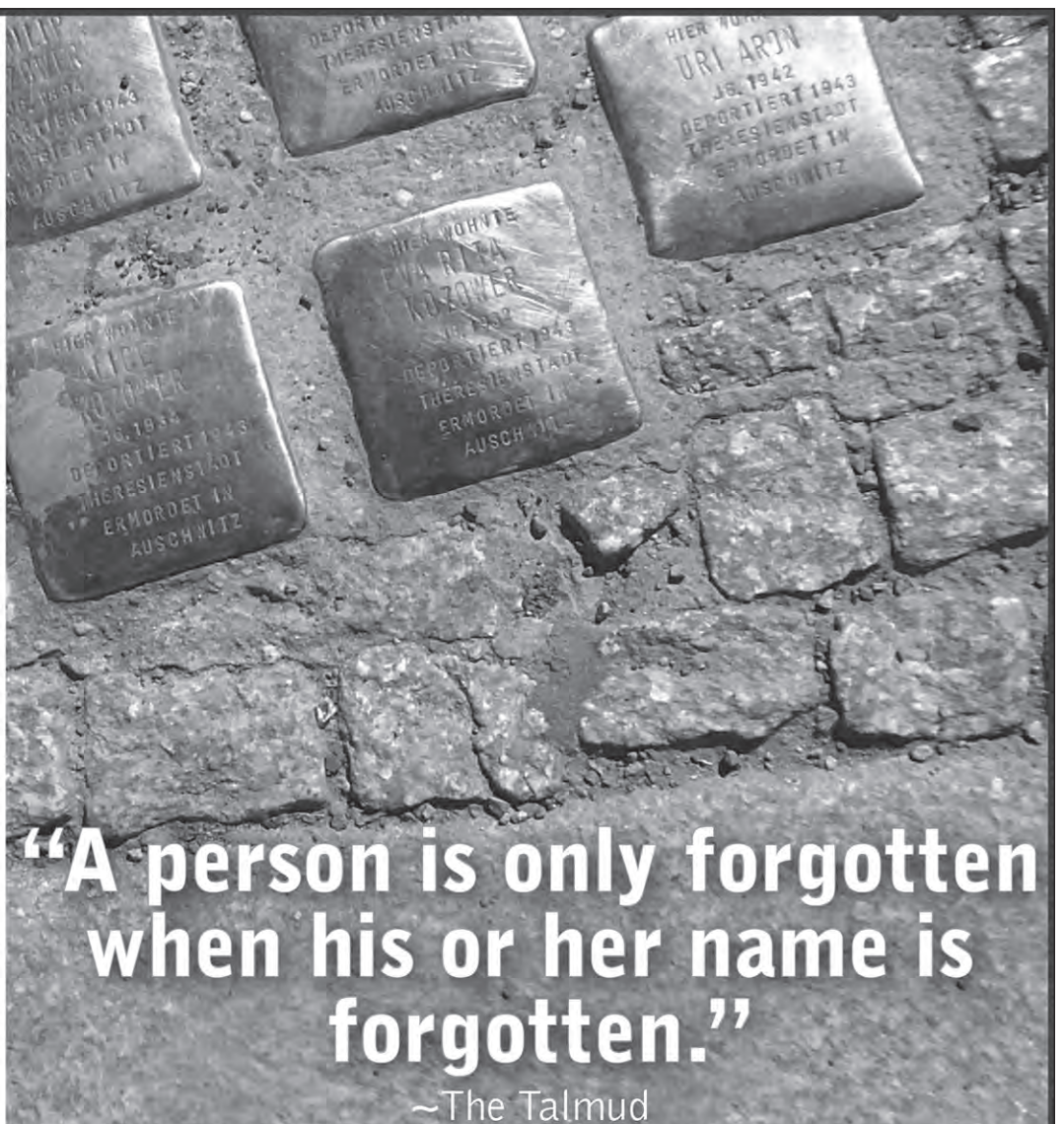
November 16 • 7 pm
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(German with English subtitles.)

Q&A with Gunter Hanfgarn after the film.

A program of the Shoah (Holocaust) Committee of the Jewish Federation Ottawa
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~The Talmud

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(PHOTO: HOWARD SANDLER)

Canadian Race Relations Foundation to honour Rabbi Bulka:

Rabbi Reuven P. Bulka, seen here leading the community Havdallah service, October 25, will be among the honourees to receive a Community Champion Special Award at the Award of Excellence Dinner, to be held November 18 during the biennial symposium of the Canadian Race Relations Foundation (CRRF) at the Canadian Museum of Nature in Ottawa. Among the facilitators and featured speakers at the symposium November 17-19 will be Rubin Friedman, a CRRF board member and spokesperson. Friedman said the symposium's panels and presentations will be dedicated "to strengthening our understanding of Canadian values, identity and belonging, along with the mutuality of citizenship rights and responsibilities."

Details on the symposium and dinner are available at www.crrf-fcrr.ca. For the availability of special discount rates, contact Rubin Friedman at rubinathome@gmail.com.



Rabbi Blum receives Mayor's City Builder Award:

Rabbi Menachem Mendel Blum (centre) receives the Mayor's City Builder Award, October 8 at Ottawa City Hall, from Mayor Jim Watson (left) and Barrhaven Councillor Jan Harder. The award was presented to Rabbi Blum, director of the Ottawa Torah Centre Chabad, "for his contributions to Ottawa's Jewish community and to the community of Barrhaven."



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Field trips augment classroom lessons at Torah Academy

BY RABBI YISROEL GOLDBAUM
TORAH ACADEMY OF OTTAWA

As a school principal, I am all for classroom-based learning. But, often, it's the hands-on, real life learning experiences that stay with a child the longest.

At Torah Academy, regular classroom study is augmented by numerous field trips throughout the year. A number of them have already taken place this year.

For example, our older boys and girls visited the National Gallery of Canada to learn about various art forms.

After a guided tour of the art museum and viewing works by famous Canadian artists, students discussed colour theory, how composition can tell a story and the use of the abstract to convey feeling.

The museum tour was followed up by participation in the Ottawa International Animation Festival's "Sound in Animation Workshop." Members of Ottawa's animation studios removed all the sound from an animated clip and then reintroduced audio clips

selected by the audience. Students were able to see just how much work is involved in bringing even a minute-long animation to life, and had some laughs along the way.

The increased appreciation of art gained by the students will certainly enhance their projects and reports throughout the year.

Meanwhile, kindergarten students experienced a traditional Tashlich at Andrew Haydon Park and were visited by "Bill the Bee Keeper," while Grade 1 and 2 students went to Mountain Orchards to pick apples for Rosh Hashanah.

The Grade 1 and 2 students, as part of their science unit on the characteristics of living things, also went on a field trip to Stony Swamp, an ecologically diverse, protected area in the Ottawa Valley, and to the Ottawa Valley Wild Bird Care Centre, which is dedicated to the rehabilitation and release of injured, ill and orphaned wild birds.

The trip was followed up by the in-class creation of a diorama of a frog habitat. Ask these students and they will



Grade 1 and 2 students from Torah Academy of Ottawa visit Stony Swamp, a nature preserve in the Ottawa Valley.

tell you how important it is to observe wildlife carefully in order to learn more about each species.

The National Capital Region offers many unique educational opportunities for our students and, with much of the

school year still ahead of us, Torah Academy students look forward to many more exciting and educational outings as our city and its surroundings become a seamless extension of our classrooms.

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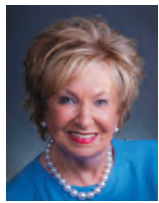
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Film documents artist's unique memorials to Holocaust victims

Stolperstein producer **Gunter Hanfgarn** speaks with **Louise Rachlis** about the special memorials

Since 1992, German artist Gunter Demnig has been commemorating victims of the Holocaust by creating small *Stolpersteine* (stumbling stones): small cobblestone-sized memorials, which are installed in front of the homes lived in by particular victims before they were deported to a death camp.

By 2013, Demnig had created 43,500 of them in more than 1,000 different cities and towns.

Stolperstein, a new documentary film in German with English subtitles, will have its North American premiere in Ottawa on November 16 at the Mayfair Theatre as part of Holocaust Education Month.

The film's producer, Gunter Hanfgarn, will be on hand for the event.

"A couple of years ago, I decided to do a movie about the stones because they weren't very well known," Hanfgarn said from Germany in a telephone interview with the *Ottawa Jewish Bulletin*.

The stones are "actually in front of the

houses," he said. "It's so moving to walk across the street and see this, to see where the people were born," he said. "I think it's a very important thing in coming to terms with what happened, because you're really confronted. It's easy to have a memorial somewhere in the city that you can choose to go to or not, but you can't ignore the stones. I understood what the artist meant with that."

Hanfgarn said he was "thrilled" to be coming to Ottawa to show the film.

The tiny brass 10 x 10 cm square stumbling stones embedded in concrete represent individuals who were targets of the Nazi Holocaust. The stones are real, covered in copper and cemented into the sidewalk.

"It has become an avalanche: Every day, we have requests for stumbling blocks," said Uta Franke, the *Stolpersteine* project co-ordinator, in an article posted at <http://tinyurl.com/mgobfub>.

"In many cities, towns and even villages, just the idea to set a stone starts a new wave of discussion and research



Stolpersteine memorialize Holocaust victims Max and Fanny Valfer in Kippenheim, Germany.

PHOTO: BRENDA VAN VLIET

about the Nazi past," said Demnig in the article. "I know I can't do six million stones, but if I can inspire a discussion with just one, something very important has been achieved.

"Most people say 'it's a great way to think of the victims and what happened to them.' The names are in the proper places. Some of the landlords tried to fight it - they thought there might be a wrong impression - but that didn't happen very often ... It's well regarded and well accepted ... Nobody is forgotten until his name is forgotten."

Neither artist Demnig nor producer Hanfgarn is Jewish.

"In 1998, we produced a film about the Shoah Foundation founded by Steven Spielberg in 1994," Hanfgarn said. "It took a long time to convince them to let us do it, and we did it. We were always attracted by these historical topics."

Demnig spends most days throughout a given year down on his right knee, tools on one side, laying the memorials that typically give the name of the Holocaust

victim who lived at that address, his or her date of birth, deportation and death and the location of where they were murdered.

The *Stolpersteine* are located in Germany, Austria, Hungary, the Netherlands, Belgium, the Czech Republic, Russia, Croatia, France, Poland, Slovenia, Italy, Norway, Ukraine, Switzerland, Slovakia and Luxembourg.

Stolperstein will be shown on Sunday, November 16, 7 pm, at the Mayfair Theatre, 1074 Bank Street. Admission is \$10. A question and answer session with producer Gunter Hanfgarn will follow the screening.

The event is a program of the Shoah Committee of the Jewish Federation of Ottawa and is co-sponsored by the Embassy of the Federal Republic of Germany.

Contact Benita Siemiatycki at bsiemiatycki@jewishottawa.com or 613-798-4644 for more information on all Holocaust Education Month programs.

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Biking for Bubbies: Another Successful Year

HILLEL LODGE and the LTC FOUNDATION BOARD OF DIRECTORS are very grateful to the community for its ongoing support of the annual Biking for Bubbies.



younger participants, the next generation who, having seen their parents organize events to support and subsidize their summer camps, schools and all of the other community services

available to them as children, wanted to do their part in the community. Approximately \$340,000 have been raised these past six years by a dedicated group of 30 to 40 riders and many thoughtful and generous donors. There are several larger biking and running events in Ottawa, and what makes Biking for Bubbies stand out are not only the significant amounts raised per participant, but also the enthusiasm of the riders who happily ride in all kinds of weather.

At the close of the ride, a reception is held at the Lodge, where the residents warmly greet the riders and members of A Touch of Klez provide musical entertainment.

One of the most endearing aspects of Biking for Bubbies is the motivation of the riders and supporters. Some have family who are residents of the Lodge. Some have no personal connection, but understand the importance of doing their part to sustain the operations of the Lodge.

This year also saw some new

Adam Schacter, 33, who has recently joined the Foundation Board, and was a participant, states: "Our hope is that further interest from this generation eventually becomes the driving force for the event's continued success."

Seymour Mender, Joel Diener, Jana Rand and the other organizers of Biking for Bubbies strive to keep the event meaningful as well as interesting and fresh. So in May, for the first time, a group of 21 participated in the New York City TD Five Boro 40 mile Bike Tour, raising funds for and awareness of the Lodge.

This year also saw significant support from new corporate sponsors, led by Medisystem Pharmacy.

Looking ahead to 2015, we are excited about next year's ride during the 60th Anniversary of Hillel Lodge.



Riders set out for the 2014 ride.



Andrew Davies (left) visits with resident Stefania Wysokinska following the ride.



Morris Shapiro, our indoor "resident rider," enjoys lunch festivities following the ride.



Resident Lisa Glaser (left) visits with Erin Pleet at lunch.



Left to right, Sharon Appotive, Sandra Zagon, Joy Mender.

Two events discuss restitution of art works stolen by the Nazis

BY ILANA BELFER
FOR THE ZELIKOVITZ CENTRE

Two events sponsored by the Max and Tessie Zelikovitz Centre for Jewish Studies deal with the topic of restitution for Nazi-looted art as part of Holocaust Education Month.

The first, "Searching for Nazi Plunder in the 21st Century: Recovering Max Stern's Paintings One by One," presented with the Ottawa chapter of Canadian Friends of the Hebrew University of Jerusalem, took place at Centrepointe Theatre on November 5 and featured a talk by Clarence Epstein, senior director of urban and cultural affairs at Concordia University and director of the Max Stern Art Restitution Project.

Stern, a renowned German-Jewish art collector and gallery owner, lost hundreds of art pieces during the Second World War to confiscation or sale under duress by the Nazis.

After escaping to the United Kingdom, and eventually settling in Montreal, he sought restitution of his paintings – many of which were circulating among German museums, corporate offices or private collections – with limited success.

Upon his death in 1987, Stern left the bulk of his estate to Concordia, McGill University and the Hebrew University.

The Max Stern Art Restitution Project, launched in 2002, is a joint initiative of the three beneficiary institutions to finish locating and recovering Stern's collection.

"In my mind, this is one more piece of the puzzle in terms of what's still going on post-Second World War," said Shelli Kimmel, executive director of CFHU Ottawa.

The second, a symposium at Carleton University on November 20, will begin with a screening of John Frankenheimer's 1964 film, *The Train*, introduced by Mark Langer, a retired Carleton film studies professor.

The film takes place in 1944 when the Germans fill a train with French art treasures to send to Germany and the Resistance must find a way to intercept it without damaging the art. This is the same subject matter tackled this year in *The Monuments Men*.

Following a short dinner break, Holocaust restitution experts Marc Masurovsky and Lucille Roussin will join



Burt Lancaster as French Resistance member Paul Labiche in the 1964 film, *The Train*, a depiction of Resistance efforts to intercept a train carrying art works stolen by the Nazis during the Second World War.

Betina Kuzmarov, a Carleton law professor with a specialization in cultural property law, for a panel discussion and question period.

Masurovsky is the director of the Provenance Research Training Program of the European Shoah Legacy Institute and the former director of research (monetary gold) for the Presidential Advisory Commission on Holocaust Assets in the United States.

Roussin, an attorney with a PhD in art history and archaeology, specializes in the restitution of property stolen or looted during the Second World War.

Both said they plan to discuss recent cases.

Masurovsky and Roussin were both involved in the case of "The Portrait of Wally," a 1912 oil painting by Austrian artist Egon Schiele. A 13-year legal battle, beginning with its seizure by U.S. Customs while on loan in 1997-1998 at the Museum of Modern Art in New York City, culminated in a \$19 million settlement in 2010.

"It's kind of like *The Train*, but in real life," said Kuzmarov. "These are people who are on the ground when it comes to Holocaust restitution. They have really good first-hand accounts."

As moderator, Kuzmarov said she hopes to steer the conversation so it covers issues such as why this fundamen-

tally Jewish story is being told as a chiefly Jewish-less narrative and why, despite this, restitution seekers face undercurrents of public perception marred by notions of greed.

The symposium will be held at Carleton University in 303 Paterson Hall on Thursday, November 20. To register, contact jewish_studies@carleton.ca.

The event is free of charge and includes kosher dinner (donation suggested), but advance registration is required. The film is set to begin at 4 pm and will be followed by dinner at around 6 and then the roundtable. Guests are encouraged but not required to attend all segments.

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Dorothy Nadolny on being the Honouree at the
2014 Negev Dinner by Lois and Robert Abelson.

R'fuah Sh'leimah to:

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Abelson.

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R'fuah Sh'leimah to:

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Anniversary Wishes to:

Alfred and Kaysa Friedman by Cayla and
Michael Baylin.

In Memory of:

Joel Palmer by Cayla and Michael Baylin.

Marla Schwartz by Cayla and Michael Baylin.

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R'fuah Sh'leimah to:

Ricki Baker by Cayla and Michael Baylin.

Marvin Granatstein by Cayla and Michael
Baylin.

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Anniversary Wishes to:

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In Memory of:

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Rahamim "Ray" Fathi by Cynthia and David
Blumenthal.

Harry Hartman by Cynthia and David
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Gizela Klein by Cynthia and David Blumenthal.
Marla Schwartz by Cynthia and David
Blumenthal.

Arnie Vered by Cynthia and David Blumenthal.

Mazel Tov to:

Jane and Len Shore on their marriage by
Cynthia and David Blumenthal.

R'fuah Sh'leimah to:

Cynthia Engel by Cynthia and David
Blumenthal.

Marvin Granatstein by Cynthia and David
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In Memory of:

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Mazel Tov to:

Jeff and Rhoda Miller on their daughter, Sara's
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TILLIE AND HARRY CHERM MEMORIAL FUND

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Donald Cherm by Susan Hart; by Peter and
Jean Lebas; by Jeff, Julie, Neil and Gary Fine; by
Arlene and Mel Schwey; by Ian, Daxton, Rowen
and Wyatt Schwey; and by Karen, Madison and
Alexa Taylor.

DONALD AND LEAH CHODIKOFF ENDOWMENT FUND

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In Memory of:

Herbert Cosman by Leah Chodikoff.

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Marla Schwartz by Sid and Barbara Cohen.

Mazel Tov to:

Rob Tanner and Myra Laufer on their upcoming
marriage by Sid and Barbara Cohen.

SANDI AND EDDY COOK ENDOWMENT FUND

In Memory of:

Milton Klayman by Samantha Cook and family.
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family.

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Condolences to:

Marthe Villeneuve on the loss of her dear sister,
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In Memory of:

Joel Palmer by Alfred and Kaysa Friedman.

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Sunny Tavel on receiving the Kipnis-Wilson/Friedland Award by Alfred and Kaysa Friedman.

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In Memory of:

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Howard Goldberg, a dear father and grandfather by Helene, Shawn, Chaim an Aaron Goldberg.

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Avi Benjamin Guttman by Bubby Ibolya and

Zaidie Joe Wiesel.

Noah Guttman by Bubby Ibolya and Zaidie Joe Wiesel.

In Observance of the Yahrzeit of:

Howard Goldberg, a dear father and grandfather by Helene, Shawn, Chaim an Aaron Goldberg.

In Memory of:

Gertrude Brown by Ibolya and Joe Wiesel.
Rahamim "Ray" Fathi by Ibolya and Joe Wiesel.
Robert "Bob" Gencher by Ibolya and Joe Wiesel.
Goldie Rivers by Ibolya and Joe Wiesel.

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Ruth Calof by Diane and Allen Abramson.

SANDRA AND MARVIN GRANATSTEIN ENDOWMENT FUND

R'fuah Sh'leimah to:

Marvin Granatstein by Marilyn and Will Newman.

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Birthday Wishes to:

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In Memory of:

Joel Palmer by Debbie and Norm Ferkin.

R'fuah Sh'leimah to:

Shirley Strean-Hartman by Debbie, Norm and Vicky Ferkin.

LAURA AND MILTON GREENBERG FAMILY FOUNDATION

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Goldie Rivers by Laura Greenberg and family.

MICHAEL GREENBERG MEMORIAL FUND

Mazel Tov to:

Bram and Chani Bregman on the birth of their twins, Yitzchak Yosef Bregman and Adeera Emuna Bregman by Stephen and Jocelyne Greenberg.

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David Slipacoff by Vera and Leslie Klein.

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Marla Schwartz by Larry and Sheila Hartman.

R'fuah Sh'leimah to:

Bert Blevis by Larry and Sheila Hartman.

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Happy Rosh Hashanah to:

Gary Shapiro by Cheryl and Andre Ibgly.

R'fuah Sh'leimah to:

Gary Shapiro by Cheryl and Andre Ibgly.

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Mazel Tov to:

Carolyn and Sidney Katz on their new home by Maureen Katz.

Charles Wiseman on being appointed President of Machzikei Hadas Congregation by Maureen Katz.

ARTHUR AND SARAH KIMMEL MEMORIAL FUND

Anniversary Wishes to:

Sandra and Jacie Levinson by Roslyn and Arnie Kimmel and family.

Good Wishes to:

Marilyn and Dan Kimmel on their new home by Roslyn and Arnie Kimmel and family.

PHILLIP AND ETTIE KIMMEL MEMORIAL FUND

In Memory of:

Joel Palmer by Stan Kimmel.

SHARON KOFFMAN ATHLETIC SCHOLARSHIP FUND

Birthday Wishes to:

Norman Zagerman by Sandra Zagon.

Condolences to:

Karen Ginsberg on the loss of her dear sister by Sandra Zagon.

Margie Kardash on the loss of her dear mother by Sandra Zagon.

Celia Kobric on the loss of her dear mother by Fay Koffman.

Mazel Tov to:

Evelyn Greenberg on her recent maftir and Bat Mitzvah by Sandra Zagon.

Norman Zagerman on his recent maftir by Sandra Zagon.

ISSIE AND EDITH LANDAU ENDOWMENT FUND

In Honour of:

Harvey Glatt being honoured as "The Music Man in Ottawa" by Edie Landau.

SALLY AND ELLIOTT LEVITAN ENDOWMENT FUND

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Joel Palmer by Sally and Elliott Levitan.
Marla Schwartz by Sally and Elliott Levitan.

R'fuah Sh'leimah to:

Alvin Malomet by Sally and Elliott Levitan.

THE LEVITZ FAMILY FUND

In Observance of the Yahrzeit of:

Gerald Levitz, a cherished husband and a dear father by Ingrid Levitz; and by Brenda and Stephen Stein.

ARNOLD AND ROSE LITHWICK MEMORIAL FUND

Birthday Wishes to:

Harvey Lithwick by Pam Beiles and family.

Happy Rosh Hashanah to:

Yvonne and Harvey Lithwick and family by Marcia and Harold Fein and family.

DAVID LOEB FAMILY FUND

In Memory of:

Joel Palmer by David and Adele Loeb.

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Mazel Tov to:

Sunny Tavel on receiving the Kipnis-Wilson/Friedland Award by Roslyn and Arnie Kimmel.

R'fuah Sh'leimah to:

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Alvin Malomet by Joan Bloom; by Clair Krantzberg; by Athene and Ossie Reef.

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Condolences to:

Joe Mittelman on the loss of his dear brother, Michael by Chuck and Bonnie Merovitz.

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Birthday Wishes to:

Morton Baslaw by Millie and Steve Mirsky.

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Mazel Tov to:

Dorothy Nadolny on being the Honouree at the 2014 Negev Dinner by Marilyn and Will Newman.

PINKAS AND YEHUDIT NEWMAN MEMORIAL FUND

R'fuah Sh'leimah to:

Bill Silverman by Marilyn and Will Newman.

THE OTTAWA LION OF JUDAH ENDOWMENT FUND

In Memory of:

Joel Palmer by Ricki and Barry Baker.

Mazel Tov to:

Sunny Tavel on receiving the Kipnis-Wilson/Friedland Award by Sharon and David Appotive; by Shelley Rothman; and by Charles Schachnow.

Continued on page 21

SAUL AND EDNA GOLDFARB B'NAI MITZVAH FUND



What do your "kids" really care about?

Do they care about hanging out with their friends? Playing sports? Playing their musical instruments? How about helping the homeless in their community? Fighting anti-Semitism? Supporting people with disabilities?

Through the Ottawa Jewish Community Foundation, our community's youth can achieve both! They can be the active individuals that they are all while making a difference through tzedakah, one gift at a time.

Teens can make their Bar and Bat Mitzvah's an extra special event by opening a B'nai Mitzvah Fund in their name. This gives them the vehicle to support causes dear to their hearts. Forever!

You can make a difference in your child's life by encouraging your son or daughter to establish a B'nai Mitzvah Fund. Their participation in the B'nai Mitzvah Club, which is for teens age 12 up to pre-post secondary, will affect the rest of their lives in a positive and philanthropic manner.

Now is the time to encourage your child to become a charitable, responsible member of the Jewish Community.

To obtain information on how to open a B'nai Mitzvah Fund for as little as \$250, call the Foundation office today at 613-798-4696 extension 252 or email info@ojcf.ca. Additional information can be found on our website at www.OJCF.ca.

FOUNDATION DONATIONS | Ottawa Jewish Community Foundation

ABE AND BERTHA PALMER ENDOWMENT FUND

In Memory of:

Joel Palmer by Jeff, Felice, Erin, Jordan, Zachary and Mitchell Pleet; by Harvey Slack; by Dan and Marilyn Kimmel; by Sylvia and Morton Pleet; and by Richard and Ceil Friedenthal.

JACK AND MIRIAM PLEET ENDOWMENT FUND

R'fuah Sh'leimah to:

Bert Blevis by Miriam Pleet.
Alvin Malomet by Miriam Pleet.

NANCY AND LARRY PLEET ENDOWMENT FUND

Birthdays Wishes to:

Janice Pleet by Sylvia and Morton Pleet.

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Israel Shinder by Josee Posen.

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R'fuah Sh'leimah to:

Alvin Malomet by Phyllis and Alan Rackow.

GOLDIE AND ALBERT RIVERS ENDOWMENT FUND

In Memory of:

Goldie Rivers by Helene, Shawn, Chaim and Aaron Goldberg; by Barbara and Ephry Merkur; by Paula and Manny Agulnik; by Henry Campbell; by Barbara Blevis and Shawn Marmer and Benjamin and Kevin; by Murray Citron; by Naomi Driman and family; by Anne Lee-Fraizer; by Luby Carr; and by Carol Hornsby.

ALTI AND BEREL RODAL FAMILY FUND

In Memory of:

Moshe Chaim by Alti and Berel Rodal.
Rabbi Moshe Feder by Alti and Berel Rodal.
Israel Shinder by Alti and Berel Rodal.

Mazel Tov to:

Rabbi Ari and Erin Galandauer on the birth and naming of Batsheva by Alti and Berel Rodal.

Sonia and Benny Hershovich on the birth and Bris of Yosef Asher by Alti and Berel Rodal.

Rabbi Samuele and Dvora Rodal on the birth and Bris of Yosef Asher by Alti and Berel Rodal.

FLORENCE AND GDALYAH ROSENFELD ENDOWMENT FUND

In Appreciation to:

Stuart Chadwick and Pat Flesher by Anita Rosenfeld.

Risā Segal and Murray Soicher by Anita Rosenfeld.

Ben Soicher by Anita Rosenfeld.

FRANCES AND MORTON ROSS FAMILY FUND

In Memory of:

Marla Schwartz by Fran and Mort Ross.
Israel Shinder by Fran and Mort Ross.

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CLARE AND MAURICE SCHWARTZ FUND

In Memory of:

Marla Schwartz by Carol and Stuart Levine.

ISRAEL AND JENNIE SHINDER ENDOWMENT FUND

In Memory of:

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Leon (Leo) Lambert by Laurie Shusterman.

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In Memory of:

Lori Beckerman by Jack, Sarah, David and Lev Silverstein.

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Halina Silverman by Marvin and Phyllis Silverman.

STELLA AND LOUIS SLACK MEMORIAL FUND

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MOE AND CHARLOTTE SLACK MEMORIAL FUND

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Anniversary Wishes to:

Irving and Harriet Slone by Carol and Stuart Levine.

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Michael Metz on the birth of his grandson by Charles, Josh and Taylor Schachnow.

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DORIS AND RICHARD STERN FAMILY FUND

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Mazel Tov to:

Debbie Tessler and Ed Glina and family on the arrival of their grandson by Doris and Richard Stern.

CASEY AND BESS SWEDLOVE ENDOWMENT FUND

In Memory of:

Paula Delatycki by Carol-Sue and Jack Shapiro and family.

BRENT AND RISA TAYLOR ENDOWMENT FUND

In Memory of:

Joel Palmer by Brent, Risa and Shira Taylor.

IRVING AND ETHEL TAYLOR ENDOWMENT FUND

R'fuah Sh'leimah to:

Sheldon Taylor by Evelyn Greenberg.

BARBARA AND GERALD THAW ENDOWMENT FUND

In Memory of:

Gerald "Gerry" Thaw by Randi and Ian Sherman and family.

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In Memory of:

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Marla Schwartz by Stephen and Gail Victor.
Israel Shinder by Stephen and Gail Victor.

Mazel Tov to:

Sunny Tavel on receiving the Kipnis-Wilson/Friedland Award by Stephen and Gail Victor.

R'fuah Sh'leimah to:

Sheldon Taylor by Stephen and Gail Victor.

MILDRED AND PERCY WEINSTEIN ENDOWMENT FUND

R'fuah Sh'leimah to:

Shirley Strean-Hartman by Milly Weinstein.

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In Memory of:

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Barry Tessler by Bob Wener and Lynne Oreck-Wener and family.

Condolences to:

Larry and Sandy Martin on the loss of their dear father and father-in-law by Bob Wener and Lynne Oreck-Wener.

In Memory of:

Arnie Vered by Bob Wener and Lynne Oreck-Wener and family.

IRVING AND DIANE WEXLER FAMILY FUND

Condolences to:

Suzanne Tepper and family by Carol Segal.

In Observance of the Yahrzeit of:

Abraham Joseph Cohen, a dear father by Diane Wexler.

Frieda Marion Cohen, a dear mother by Diane Wexler.

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Birthdays Wishes to:

Norman Zagerman by Roslyn and Arnie Kimmel.

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Condolences to:

Ed and Janice Fine on the loss of their dear daughter-in-law by Rick and Helen Zipes.

Liz and Allan Schwartz on the loss of their dear daughter, Marla by Rick and Helen Zipes.

In Memory of:

Joel Palmer by Rick and Helen Zipes.
Marla Schwartz by Rick and Helen Zipes.
Israel Shinder by Rick and Helen Zipes.

R'fuah Sh'leimah to:

Ricki Baker by Rick and Helen Zipes.
Ruth Calof by Rick and Helen Zipes.

SANDRA AND SAM ZUNDER ENDOWMENT FUND

In Memory of:

Israel Shinder by Sandra and Sam Zunder and family.

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Providing support for services and programs that directly benefit women and children.

WOMEN'S COLLECTIVE ENDOWMENT FUND

In Memory of:

Joel Palmer by Lisa Rosenkrantz.
Israel Shinder by Rhoda and Joe Levitan.

Mazel Tov to:

Sunny Tavel on receiving the Kipnis-Wilson/Friedland Award by Lisa Rosenkrantz.

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RYAN GOLDBERG B'NAI MITZVAH FUND

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KAYLA REICHSTEIN B'NAI MITZVAH FUND

Mazel Tov to:

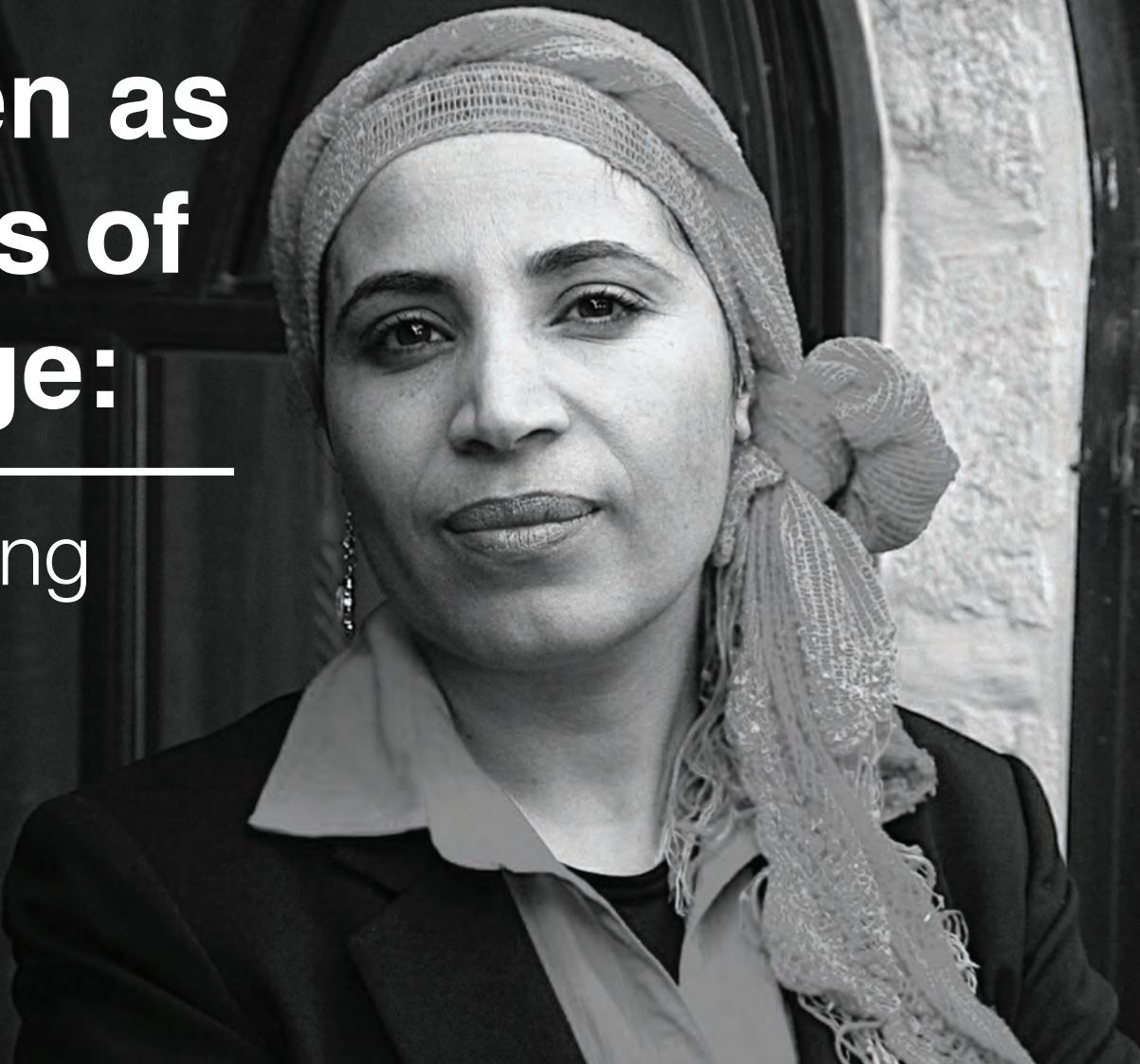
The Sabloff family on Kayla's Bat-Mitzvah by Vera and Malcolm Glube.

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Women as Agents of Change:

Maintaining
Tradition,
Realizing
Potential



**Monday,
November 10, 2014
7 PM**

Soloway Jewish
Community Centre,
21 Nadolny Sachs
Private

Event is free.
Register at nifcan.org
or call
1-855-781-4322

At the age of 17, Amal Elsana-Alhjooj established Israel's first Bedouin women's NGO, AJEEC (The Arab-Jewish Center for Equality, Empowerment and Cooperation). Promoting health, economic equality, shared society and education for Israel's Bedouin community, AJEEC is at the forefront of change in the Negev.

NIFC is proud to feature Nobel Peace Prize laureate nominee **Elsana-Alhjooj** and SHATIL Associate Director **Naomi Shachter**.

New Israel Fund of Canada is the nation's leading organization committed to equality in Israel.
nifcan.org

New Israel Fund of Canada
הקן החדשה לישראל

Chanukah Gift Fair

Sunday, December 7

Soloway JCC • 21 Nadolny Sachs Private

10:00 am – 4:00 pm (Gym)

10:00 am – 12:00 pm (Social Hall)

Pick up your holiday gifts, decorations, candles and everything you need for a happy Chanukah. **Admission:** Free

Pre-Chanukah event for children. Storytime, entertainment and treats. In partnership with Family Life Centre, PJ Library, OJCS and Shalom Baby.

Some of the 2014 Vendors include:

- Red House Honey
- Violeta Borisonik Jewelry
- Bnai Brith Youth Organization
- Camp George
- Tricot Roses (Handknit Items)
- Lord Elgin Hotel
- Scentsy (Martine Waisvisz)
- Union For Reform Camp
- Camp Gesher
- Vered Hebrew Books
- Boutique Judaica – Agudath Israel
- Marvalee Designs
- Save a Child's Heart foundation

Film Screening: 1:30 pm

A New Life on the Land – Jewish Farmers in Canada
From Western homesteaders to Czech Jewish farmers escaping Hitler to Montreal Jews settling in Laurentian villages to present day organic vegetable growers in Ontario and more.

Following an enthusiastic reception at the Toronto Jewish Film Festival Dov Okouneff brings his film showcasing a fascinating aspect of the Canadian Jewish experience, to Ottawa.

Admission: \$5

Information: Roslyn Wollock (613) 798-9818 ext. 254

Visit jccottawa.com for a full list of vendors

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

A tribute to ordinary people who chose to protect Jews during the Holocaust

Motherlode: A Mosaic of Dutch Wartime Experience
By *Carolyn Van Der Meer*
Wilfrid Laurier University Press
128 pages

In *Motherlode: A Mosaic of Dutch Wartime Experience*, debut novelist Carolyn Van Der Meer creates a powerful interpretation of her family's experiences in Nazi-occupied Holland. This is a story about the Holocaust told from a Christian perspective and based on the experiences of the author's mother, who, as a child, witnessed her parents' incredibly brave efforts to help Jews escape the Nazis.

With a clever weaving of fiction and fact, memory and history, Van der Meer pieces together her family's story and, in doing so, creates a dramatic vision of the day-to-day-struggle to survive during the Second World War and its aftermath, not just for Jews, but also for members of the Resistance.

She begins by travelling to her mother's hometown of De Krim, Overijssel, about five km from the German border, to see first-hand the house where her mother grew up and where her grandparents risked their lives by hiding Jews in a false floor. This is the start of a personal journey where the author reaches into the past to understand her mother's roots and succeeds not only in discovering their deep connection, but also her own heritage – an inheritance she hadn't fully appreciated.

Van Der Meer, whom I know from when we were students at the University of Ottawa, is a prolific and talented writer, journalist and poet now living in Montreal. Her feature articles and poetry have been published widely, but this is her first novel. While a short book at only 128 pages, *Motherlode* is dense with emotion, and it took me much longer to read than I'd expected, given its length.

PAULINE COLWIN BOOK REVIEW

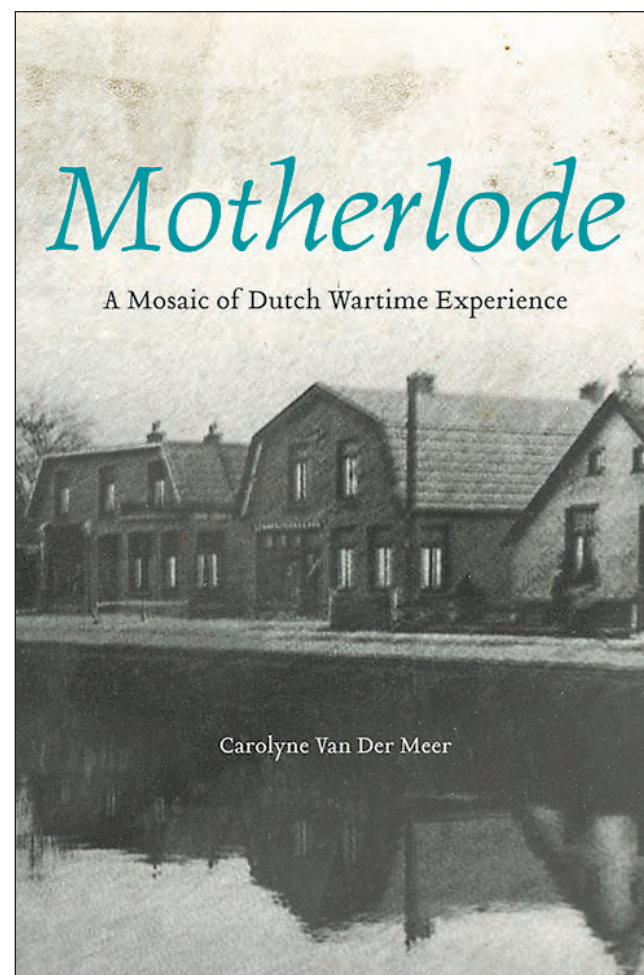
The book is divided into four sections, each with a different perspective. Alternating between powerful poems, short stories and essays, Van Der Meer draws together the present and past, creating a dramatic and rich tapestry. Each piece of writing tells a story on its own and, as a reader, I needed time to digest and process the intense emotion each element left in me.

Indeed, *Motherlode* will affect you. Van Der Meer's ability to recreate the fears, thoughts and dreams of her mother as a child is uncanny. In my mind's eye, I can still see the red-headed, gapped-toothed little girl unwittingly singing Resistance songs in front of SS officers.

She also steps into the minds of the Jews her family protected, breathing in their fear and terror with poems told from their perspective hidden under leather hides from the family's shoe store. Her ability to capture the feelings of others is tremendous. She shares all points of view: those of the survivors, the liberators – including Jewish soldiers – and even one poem told from the view of the family house itself.

It is in these sections where Van Der Meer's writing is at its most powerful. In particular, readers will be wowed by her poetry, which adds layer upon layer to the poignancy of her family story.

It is no wonder that *Motherlode* has been added to the library at Yad Vashem, Israel's Holocaust museum in Jerusalem. In fact, reading the book brought to mind the famous quote: "All that is necessary for the triumph of



evil is that good men do nothing." The book is a tribute to those seemingly ordinary people who chose to act, heroes who refused to turn a blind eye and bravely fought for what they knew was right despite their own peril.

Yes, this family's deeds, kept quiet for so many years, were undertaken simply because their morality knew what was right. They are an example of good in world and a lesson in righteousness.

Pauline Colwin is the communications consultant for the Jewish Federation of Ottawa.

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We would like to take this opportunity to thank family and friends who sent us expressions of kindness, cards, donations and calls in memory of Allen Pearl, grandfather, father, brother, uncle. He will be sorely missed. Your thoughtfulness and generosity are very much appreciated.

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Sudden violence can bring people together or tear societies apart

Given today's excitement in Ottawa, I hope you're all OK,' said my mom in Vancouver in a voice mail. She was cautious in her description of events, wondering whether I'd yet seen the news (she temporarily forgot about my intravenous social media feed). Then there were the Facebook posts, private messages and texts from family and friends in the U.S., England and Israel. Amidst the fear and tragedy emanating from Parliament Hill, I felt surrounded by love and support in my own little corner of Ottawa. Many *Ottawa Jewish Bulletin* readers probably felt the same.

Sudden violence has a tendency to bring people together. As we hunker down behind our barricades, we band together in empathy and solidarity. Pettiness melts away as we play the long game together.

But violence can also tear societies apart. There is the tragedy of the victims' fates, of course, and the circles of pain that ripple out from them. And then there is the polarization that often results as people look for answers. Societies must remain vigilant, which may mean extra security measures or the tarnishing of civil liberties. This vigilance may also lead to seeing enemies where they don't exist. In the case of Islamist-inspired terrorism, the tendency is particularly dangerous, as fellow citizens may be viewed with suspicion. The same caution necessary to keep citizens safe can lead to xenophobia of the worst kind.

One recent video campaign out of a society that knows political violence all too well trades brilliantly on the emotions conjured up fear of the *other*.

"We don't want you here," declare various men and women, boys and girls, in Hebrew and Arabic. Not until



MIRA SUCHAROV
**VALUES, ETHICS,
COMMUNITY**

the end of the video is it revealed that these individuals represent members of the Parents Circle Families Forum, a group for bereaved family members of victims of political violence. What seemed at first glance to be xenophobia is revealed to be compassion for the living and hopes for a better future. We don't want you to have to join their widening circle of the bereaved, they are saying.

Then there's another, much more controversial video clip from the HBO show *Real Time with Bill Maher* that recently made its way around social media. The host, comedian and commentator Bill Maher joined writer Sam Harris to denounce Islam as actor Ben Affleck challenged them. In response, *New York Times* columnist Nicholas Kristof – who was also on the *Real Time* panel – wrote a piece urging a realization that Islam, like most any religion, is diverse. There are bad apples among all religious adherents, and every religion has its unsavoury strands.

We all know the most important fault line in our society runs between peace lovers and those very few who would use violence against innocents to pursue their political agenda, however coherent (or not). But there are tinier, more-jagged fault lines that threaten to leave cracks within the peace-loving bloc. There is a

fault line, one drawn by those who seek to pillory Islam publicly.

Islam, by virtue of its many Western adherents living as fairly recent immigrants, I would argue, simply isn't ready for that level of criticism. In the West, the Judeo-Christian tradition can arguably withstand the kind of public scrutiny Harris and Maher lay on Islam, because Christians (the majority) and Jews (though a tiny minority) form the bedrock of the social establishment in Canada and the United States.

I'm trying to picture, given the sharp stench of anti-Semitism still drenching North American society in the 1940s and 1950s, for example, how we, as a Jewish community, would feel if the teachings of the Torah were put on display for entertainment show hosts to lambaste.

So, while like Harris and Maher, I think intellectually that any set of ideas is fair game, I also understand that, sociologically speaking, there is a time and a place. This is particularly the case when religions like Islam are loosely tied to ethnicity. I simply don't think we've reached that point yet.

While we work out these grander questions, in the meantime, there are smaller steps we can take right here. In a heartening move, Cantor Daniel Benlolo of Congregation Beth Shalom has been engaging publicly in interfaith dialogue with Imam Mohamed Jebara, headmaster of Cordova Academy. We can follow their lead and seek out others, all around us, with whom to talk and to listen, to share fears and concerns and dreams.

Mira Sucharov is an associate professor of political science at Carleton University.

Healthy living: No simple answer to a complex problem

While touring the University of Ottawa with my son, now in Grade 12, I perked up when one of the professors described the multidisciplinary approach of health sciences. Using HIV/AIDS as an example, he explained how its prevention, diagnosis and treatment are impacted by such factors as biomedicine, health policy, law, economics, education, psychosocial factors, health behaviours and global health.

Why did this topic grab my attention in an otherwise unremarkable talk that had some prospective students yawning? Because I could relate the multidisciplinary approach to my line of work in the fitness industry – and to my own struggles, which, for the most part, I've overcome.

To understand what I mean, let's look at a fictitious scenario. Rivka is a 30-year-old woman who recently immigrated to Canada from Russia. She is overweight, has high blood pressure and does not engage in physical activities. One could simply provide her with exercise recommendations and guidelines for improving her diet. However, there are a number of factors that must be considered. Rivka never presents herself to a fitness professional for such guidance. She lacks the financial resources to join a health club, register for fitness classes, hire a personal trainer or purchase exercise gear. A social worker informs her about free fitness classes and nutritional workshops in the community, but exercise was not a cultural norm for women in her hometown. As a newcomer, she feels embarrassed to interact with others in group fitness due to the language barrier and her low self-esteem. Furthermore, she lacks social support from her spouse, who discourages her from "wasting" time on exercise. She also lacks know-



GLORIA SCHWARTZ
**FOCUS ON
FITNESS**

ledge of the risks of poor diet and a sedentary lifestyle. Given her psychological and educational constraints, she doesn't see fitness as a high priority and opts not to take advantage of the free or subsidized lifestyle-related resources available to new immigrants.

Many of the same factors influencing this woman's health behaviours and choices influence us. We may not have the language barrier, but it is commonplace to have a lack of knowledge about the benefits of a healthy lifestyle.

While we may know that exercise and eating well are good for weight-loss, we may not know the types or frequency of exercise one should engage in, or that age, current fitness level and health status must be considered. We may not know which foods are healthy since, as the expression goes, the "supermarket is a minefield." Much of the food in the grocery store is falsely advertised as being good for us when, in reality, it's not. We may not realize the benefits of a healthy lifestyle go well beyond losing weight; for example, functional fitness.

Biomedicine, health policy, law, economics, education, psychosocial factors, health behaviors and global health can affect an individual's help-seeking behaviour, access to tools and resources, and dietary and exercise

compliance. Ultimately, our success, as measured by improvements in fitness and health as well as disease prevention, is determined by many factors.

That's why getting fit, improving our health and maintaining these changes long term are tremendously challenging for the majority of people. If it were easy, we'd all be lean and fit with far fewer lifestyle-related health issues. With the interplay of so many factors, it's impossible to ensure everyone seeks and receives the individualized care they deserve, or that their outcome will be successful.

Better health policies – including simplified dietary guidelines and nutritional labelling – would help, as would better lifestyle-related education in the school system. More biomedical research would be valuable; for example, a better understanding of how the hormone leptin's role in obesity could lead to life-saving discoveries that end the vicious cycle of weight fluctuations.

Many people could benefit if the legal system could enforce honesty in advertising, such as showing realistic body images rather than air-brushed, unachievable bodies. More funding for community programs – perhaps exercise and cooking classes – may be costly in the short term, but potentially could save health dollars and improve quality of life down the road. This is just scratching the surface. Myriad changes are needed.

When it comes to improving our fitness and health, there's no singular solution. The more we learn to define the problem from an interdisciplinary approach, the more steps we can take in the right direction.

Gloria Schwartz is a personal trainer at the Soloway JCC and the author of Personal Best: Train Your Brain and Transform Your Body for Life.

Books and Bagels returns for two sessions at Temple Israel

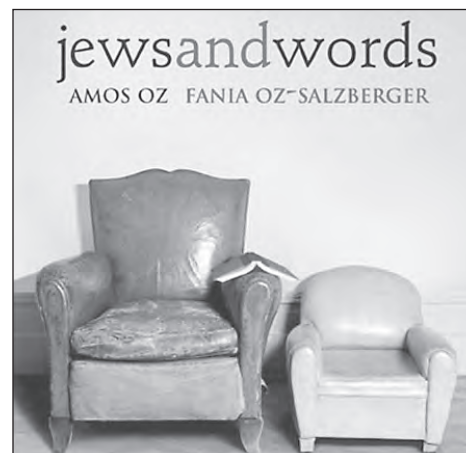
BY ANNE ALPER
FOR TEMPLE ISRAEL

Books and Bagels, Temple Israel's popular book discussion series, is set to return with sessions in November and December. Additional events are being planned for the winter and spring.

Each session takes place on Sunday mornings and begins with a bagel breakfast at 9:30 am followed by a book review and discussion. All sessions are held at Temple Israel, 1301 Prince of Wales Drive, and pre-registration is not required. There

is no charge, but a voluntary donation to cover the cost of breakfast is appreciated.

November 23 – Rabbi Steven Garten, rabbi emeritus of Temple Israel, will review *Words and Jews* by Amos Oz and Fania Oz-Salzberger. The Yale University Press website notes the father and daughter authors “blend storytelling and scholarship, conversation and argument, to tell the tales behind Judaism’s most enduring names, adages, disputes, texts and quips. These words, they argue, compose the chain connecting Abraham with the Jews of every subsequent generation.”



December 7 – *A Replacement Life* by Boris Fishman will be reviewed by Angus Smith, a lifelong student of Russian language and culture who was involved in the campaign to assist Soviet Jews and refuseniks in the 1970s and '80s. The novel, a dark and moving story about family honour and justice, depicts a young failed journalist who helps elderly immigrant Russian Jews in Brooklyn by writing fraudulent Holocaust-restitution claims.

For more information, contact Shayla Mindell at shaylamindell@rogers.com or 613-594-4556.

Musica Ebraica to perform *From East to West in Song*

BY MINDA WERSHOF
MUSICA EBRAICA

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of Spain and Babylon will contrast with the majesty of the synagogue melodies of 19th century Berlin and will conclude in Tel Aviv for songs both nostalgic and new. Familiar tunes like “Erev Shel Shoshanim,” “Cuando El Rey Nimrod” and “Uf Gozal,” and new arrangements of songs such as “Tree with the Hollow Heart” will be part of the musical voyage.

Musica Ebraica will salute the passing of great Israeli musicians Yehezkel Braun, Gil Aldema and Erik Einstein this past year and the 120th anniversary of the passing of liturgical composer Louis Lewandowski.

The North American debut of works by Eyal Bat, a new Israeli rising star in the world of choral compositions, promises to be a treat.

Musica Ebraica, under the direction of Gloria Jean Nagy and accompanied by Carol Gurofsky, is delighted to be joined by Cantor Jeremy Burko for this concert.

From East to West in Song takes place Sunday, November 30, 2 pm, at Temple Israel, 1301 Prince of Wales Drive. Tickets are \$20 (general admission) and \$10 (students).

Visit www.musicaebraica.ca or call 613-233-3099 for more information.

WHAT'S GOING ON | November 10 to 23, 2014
FOR MORE COMMUNITY LISTINGS, VISIT WWW.JEWISHOTTAWA.COM AND SELECT 'CLICK TO SEE MORE MONTHS'

MONDAY, NOVEMBER 10

New Israel Fund of Canada presents Women as Agents of Change: Maintaining Tradition, Realizing Potential, featuring Nobel Peace Prize laureate nominee Amal Elsana-Alhjoob and SHATIL associate director Naomi Shachter, 7 pm.
Register: www.nifcan.org, 1-855-781-4322, info@nifcan.org

FRIDAY, NOVEMBER 14

Vegetarian Shabbat Dinner: A seasonal soup or stew will be provided, along with challah and wine or juice. Please bring a vegetarian contribution to share. Glebe Minyan, 64 Powell Ave., 6 to 9 pm.
Info: Anna Maranta, 613-867-5505, glebeminyan@gmail.com

SATURDAY AND SUNDAY, NOVEMBER 15 AND 16

Machzikei Hadas Movie Nights: Featuring "Nicky's Family," with light refreshments. Congregation Machzikei Hadas, 2310 Virginia Dr., 7 to 9 pm.
Info: Michelle Pulvermacher, 613-521-9700, michelle@cmhottawa.com

SUNDAY, NOVEMBER 16

Fiddler on The Roof Celebrates 50 Years: Join Professor Gefen Bar-On Santor for an interactive talk on *Fiddler on the Roof*, as it celebrates 50 years, 10:30 am to 12 pm.
Info: Roslyn Wollock, 613-798-9818, ext. 254, rwollock@jccottawa.com

"Stolperstein": A documentary on German artist Gunter Demnig's project to memorialize victims of the Holocaust with a brass stone in front of homes of deported Jews. Mayfair Theatre, 1074 Bank St., 7 to 9 pm.
Info: Benita Siemiatycki, 613-798-4644, bsiemiatycki@jewishottawa.com

Mizrahi Israeli Dance Party: with lively music, authentic Moroccan treats, 7 to 9:30 pm.
Info: Ella Dagan, 613-798-9818, ext. 243, edagan@jccottawa.com

TUESDAY, NOVEMBER 18

Malca Pass Library Book Discussion Group: "The Light Between Oceans" by M.L. Stedman will be reviewed by Kinneret Globerman. Agudath Israel Congregation, 1400 Coldrey Ave., 7:30 to 9 pm.
Info: Maureen Kaell, 613-224-8649, mkaell@rogers.com

THURSDAY, NOVEMBER 20

Symposium and Film: "The Train"
Symposium on restitution for Nazi looted art begins with a showing of the 1964 film "The Train," introduced by Mark Langer, retired Carleton Film Studies professor. Room 303 Paterson Hall, Carleton University, 4 to 10 pm.
Info: Benita Siemiatycki, 613-798-4644, bsiemiatycki@jewishottawa.com

Sar-El Canada meeting: To recruit civilian volunteers to help Israel and the IDF, 7:30 to 9 pm.

Info: Ella Dagan, 613-798-9818, ext. 243, edagan@jccottawa.com

SATURDAY, NOVEMBER 22

CHW Amit 40th Anniversary Reunion: Trivia game, refreshments, dancing, schmoozing with old friends. Temple Israel, 1301 Prince of Wales Dr., 7:30 pm to 12 am.
Info: Patsy Royer, 613-233-3099, pmroyer@gmail.com

SUNDAY, NOVEMBER 23

Pearls of Wisdom - Women and the Holocaust: Screening and discussion of the film "Ida," an exploration of female courage, by Polish director Pawel Pawlikowski. Chamber Theatre, Ben Franklin Place, 101 Centrepointe Dr., 7 to 9 pm.
Info: Mike Bazuk, 613-798-4696, ext. 252, mbazuk@jewishottawa.com

CANDLE LIGHTING BEFORE

NOVEMBER 14	4:13 PM	DECEMBER 12	3:59 PM
NOVEMBER 21	4:07 PM	DECEMBER 19	4:01 PM
NOVEMBER 28	4:02 PM	DECEMBER 26	4:05 PM
DECEMBER 5	4:00 PM	JANUARY 2	4:11 PM

BULLETIN DEADLINES

NOVEMBER 19	FOR DECEMBER 8
JANUARY 7	FOR JANUARY 26
JANUARY 21	FOR FEBRUARY 9

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CONDOLENCES

Condolences are extended to the families of:

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Yetta Morson

(née Eisenpressor)

May their memory be a blessing always.

Michael Roodman

Marla Schwartz, Toronto
(daughter of Allan
and Elizabeth Schwartz)

Evelyn Young

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

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