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OTTAWA JEWISH BULLETIN

SEPTEMBER 17, 2018 | TISHREI 8, 5779

ESTABLISHED 1937

OTTAWAJEWISHBULLETIN.COM | \$2

Prime Minister Justin Trudeau visits Jewish Community Campus

BY MICHAEL REGENSTREIF
EDITOR

It was a memory the Grade 3 students of the Ottawa Jewish Community School (OJCS) will carry with them for a lifetime.

On September 7, the kids walked over to the Bess and Moe Greenberg Family Hillel Lodge for a pre-Rosh Hashanah challah-braiding event with Lodge residents – and were joined in the activity by Prime Minister Justin Trudeau.

The event – organized by the Jewish Federation of Ottawa and its advocacy partner, the Centre for Israel and Jewish Affairs – marked the first visit by a sitting prime minister to Ottawa's Jewish Community Campus.

There were two or three kids and two or three Lodge residents seated at each of a dozen tables set up in the Lodge auditorium when the prime minister arrived. There were also board members from Federation, Hillel Lodge and OJCS at some of the tables.

The eight-year-old students and the residents – up to age 103 – were braiding Rideau Bakery challah dough that would be baked into loaves for clients of the Ottawa Kosher Food Bank. At the front of the room, Federation Board member Nikki Shapiro – who bakes challah weekly with her family – was explaining how to braid the dough, as well as the significance of making round challahs for Rosh Hashanah.

The work had already begun when Trudeau arrived and the participants – no matter their age – were thrilled that he took the time to spend a few moments at each table greeting and chatting with everyone. He seemed genuinely engaged with every conversation and made a point of wishing everyone, “Shana Tova.”

Trudeau reacted with a laugh when one elderly woman said, “You're not the first Prime Minister Trudeau that I've met.”

Before he left, Trudeau listened to Federation Chair Hartley Stern recite the blessing for fruit and joined everyone in partaking of apples dipped in honey to symbolize the wish for a sweet New Year.

Community leaders were thrilled with the visit.

“The Federation is delighted to have hosted Prime Minister Trudeau for this historic visit to the Jewish



Prime Minister Justin Trudeau wishes “Shana Tova” to a Grade 3 OJCS student during his visit to the Jewish Community Campus, September 7.

Community Campus. We are so deeply proud of our agencies, like Hillel Lodge and OJCS, and it was truly significant for us to have the leader of our country witness some of the wonderful programming and initiatives on the Jewish Superhighway. We are blessed in this community and I am thrilled to have been able to showcase Jewish life on campus to our prime minister,” said Federation President and CEO Andrea Freedman after the visit.

“This special visit highlighted some of the most unique and exceptional aspects of our community. The Jewish Campus is an inclusive, welcoming home to people of all ages. Seeing Prime Minister Trudeau with Lodge residents and our students, all socializing while making challah was heartwarming. Where else can generations intersect so easily than on our campus? And this will only get more impressive when Tamir's

Integrated Living Centre is built. This is a great start for the New Year,” added Stern.

“We were honoured that our Grade 3 class was able to share in Prime Minister Justin Trudeau's visit to the Jewish Community Campus. It was a sweet thrill and a wonderful way to usher in Rosh Hashanah for our students,” said OJCS Head of School Jon Mitzmacher.

“Hillel Lodge was delighted and excited to welcome Prime Minister Justin Trudeau to our Rosh Hashanah challah-braiding event. Our managers and staff have been busily working all week to prepare for a meaningful and fun-filled afternoon for the children and for the prime minister. Rosh Hashanah is the perfect time of year to foster strong supportive and collegial relationships with all,” said Hillel Lodge Board Chair Arlene Rosenbloom.

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Jewish community marches in Capital Pride Parade

BY MATTHEW HORWOOD

An enthusiastic delegation representing Ottawa's Jewish community marched in this year's Capital Pride Parade, August 26. Marchers included representatives of the Jewish Federation of Ottawa, the Centre for Israel and Jewish Affairs (CIJA), Hillel Ottawa, the Embassy of Israel and several congregations.

The parade is part of the annual Capital Pride Festival which is meant to "create a space for celebration, advocacy and education for dozens of community groups" with more than 60 community events across the region. Among the community events were a Shabbat dinner at Kehillat Beth Israel (KBI), co-sponsored by Federation, CIJA and KBI, attended by 115 people, and a Shabbat dinner at Temple Israel, attended by 60.

Allyson Grant, deputy director of government relations and Ottawa public affairs at CIJA, said the organization is "absolutely thrilled" with the turnout from the Jewish community. "It was especially meaningful to celebrate Pride together with representatives from so many organizations, as well as community members who came out on their own," she said.

Jess Burke, a member of CIJA's LGBTQ+ Advisory Council, said mobilizing Ottawa's Jewish community for the Capital Pride Parade was "as simple as picking up the phone and talking to community members."

"We quickly determined that the Jewish Federation of Ottawa and other partners wanted to march proudly together, and then we registered for our marching contingent with Capital Pride," Burke said. "Beyond that, we also used email and social media to reach Ottawa's Jew-



Members of Ottawa's Jewish community prepare to march in the Capital Pride Parade, August 26.

MATTHEW HORWOOD

ish community more broadly."

Burke said the most noteworthy difference from last year's parade was the turnout – with almost twice as many people from Ottawa's Jewish community marching this year with "amazing energy." Burke noted that Deputy Head of Mission Shlomit Sufa represented the Embassy of Israel at the parade.

Dovi Chein, director at Hillel Ottawa, said he had an "incredible" experience participating in Capital Pride for the first

time, alongside 20 Hillel Ottawa students and other allies in the Jewish community.

"There are many Jewish students who feel like they don't have a place in the Jewish community, or that they are not welcome within organized Judaism," Chein said. "Today's march showcased to all of our students that Hillel Ottawa is, has been, and always will be inclusive, accepting, and an ally to anyone who is LGBTQ2+."

Burke, who was an organizer of the

Ottawa Pride Shabbat Dinner at KBI, said the dinner was a "terrific event full of warmth, community, diversity and celebration."

Burke added she would "love to see" even more community members participate in the Capital Pride Parade next year.

"I would also like to see the Jewish community continue its positive and important engagement with LGBTQ+ Jewish youth, adults, families and allies. And perhaps more glitter."

New shinshinim arrive from Israel

BY MATTHEW HORWOOD

Ottawa's newest shinshinim, Liam Afota and Inbar Haimovich, arrived in the city on August 26 to begin a year of volunteer service in the Jewish community.

Liam, from Neshet, and Inbar, from Zikhron Ya'akov, both grew up in Israel's north and are Ottawa's third pair of shinshinim. The Jewish Federation of Ottawa's Shinshinim Program brings young Israeli emissaries – on a gap year between high school graduation and the beginning of their military service – here for a year of volunteer service. They assist young people in Jewish schools, congregations, and camps in enhancing their Jewish identities and ties to Israel.

Inbar said the first thing the pair did when they arrived in Canada was go to Tim Hortons, to "get the full Canadian experience." Liam said when they arrived in Ottawa and met their host families they quickly fell in love with the city.

The shinshinim stay with host families while they are in Ottawa becoming, in effect, part of the families

and their day-to-day lives. Liam's first hosts are Keren Rabin and Ken Moshi, while Inbar's is Pam Molot.

"Everyone is just really warm and welcoming, and everybody smiles," said Inbar, a few days after arriving in Canada. "Even if you're just walking next to a person you don't know, they will still say 'hi', or 'how are you' or 'have a nice day.'"

Liam said when the pair visited the Ottawa Jewish Community School to meet with teachers and staff, they "were really nice, and would say 'oh, you are the shinshinim from Israel, you are lovely,' and they accepted us really well."

Federation Director of Community Collaboration Kara Goodwin said Liam and Inbar "bring us energy and enthusiasm," and will build "one-on-one connections with our youth and children," as well as the rest of the Jewish community.

The shinshinim said they would also like to volunteer at Hillel Lodge and Tamir.

"We really want to do as much as we can and reach out to as many people in the community as we can," Inbar said.



Shinshinim Inbar Haimovich (left) and Liam Afota say they have already fallen in love with Ottawa. The young Israelis arrived here August 26 to begin a year of volunteer service in the Jewish community.

MATTHEW HORWOOD

'Everyone matters. Everyone counts. And we all want to do more for the community.'

GUEST COLUMN
RABBI REUVEN P. BULKA

We have just kicked off the Jewish Federation of Ottawa's 2019 Annual Campaign.

Never in my wildest dreams did I ever envisage heading this Campaign. Yet, here it is, and here I am, working with Annual Campaign Co-Chair Aviva Ben-Choreen.

Chairing the Annual Campaign is a ton of work. Kudos to Aviva, who has already done this for a year, and whose enthusiasm and dedication have only increased.

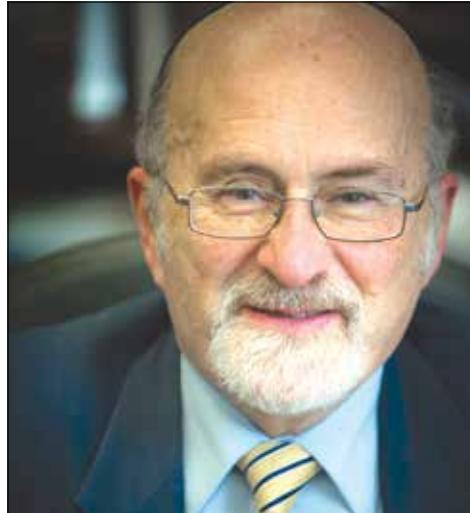
The past chair, Sharon Appotive, has rightly earned plaudits and superlatives for her unflagging drive and energy in moving the campaign forward.

The staff team, ably led by Federation President and CEO Andrea Freedman, and Director of Development Micah Garten, see their work as more than a job. It is a passion, an expression of devotion to the community.

For years, like many of you, I have supported the Federation Annual Campaign, but seeing what it takes from the inside is a very different experience. My admiration for all the previous chairs knows no bounds.

A few thoughts that have come to the fore are worth sharing with you.

The first is that against all odds, we are still a strong Jewish community. We have been blessed with great exemplars who have led the community, in word and deed, for many decades. We continue to be blessed with leaders who are singularly devoted to the community, and who recognize that without Federation, which we used to call the Vaad Ha'ir (I still call it that out of a many-decades habit), we would still probably



Rabbi Reuven P. Bulka is chair of the Jewish Federation of Ottawa's 2019 Annual Campaign.

endure, but not as a community. Federation is the vital glue that helps hold our community together.

But, wait, you say, do we not have many issues, perhaps even divisive issues? The blunt answer is yes, we do. No argument. Is Federation perfect? No. Are any of us perfect? No. If as humans we are all imperfect, how can we expect an organization comprised of people to be perfect.

Here is a critical point: Some people have a complaint about Federation. Not enough support for this cause, too much support for that cause, whatever. Think of it is this way. Suppose, heaven forbid, someone to whom you are close – a best friend, a family member – makes a terrible blunder, does something of which you disapprove intensely. How do you react?

There are many options, including disavowing the family member or friend. However, a true friend, a loving family member, will not abandon the wrongdoer. They will stay connected and supportive, because barring an unforgivable sin, our love, if it is genuine, is unconditional.

I like to think of Federation as the loving, unconditional head of the community, of each member of the community. Federation looks after the vulnerable, after those in need, whether the need is education, social services, practical services, whatever.

Is there more Federation can do? You bet. And no one knows this better than the community leadership.

Hence, the Jewish Superhighway theme for the campaign. This is NOT a slogan. It IS a commitment. Everyone matters. Everyone counts. And we all want to do more for the community.

Do I delude myself into thinking that everyone will be happy? Not for a moment. But I do dream, and hopefully it is not a delusion that everyone will be counted, and everyone will consider themselves included.

I take my cue from the Torah. In raising funds for the community, we had two streams. One was the half-shekel, which everyone had to contribute. The other was free-will offerings that people gave according to their means. The half-shekel – not a great amount, but also not an insignificant amount – was a way for everyone to say, "Count me in," and for the community to say, "Glad to have you." The other was to assure the community had enough to take care of the community as effectively as possible.

We want all of you in. We also want the wherewithal to maximize the community's commitment to you. A few community giants have created a challenge fund to really help us put on the accelerator for the Jewish Superhighway. The rest is up to you. Please come along for the ride.



Newcomers' meet-and-greet: The Jewish Federation of Ottawa held a meet-and-greet event for newcomers to the city on August 20 at the SoHo Champagne building (a condominium residence).

Among those at the event were (from left) community members Arielle Kreisman and Ryan Goldberg who helped welcome the newcomers, and newcomers Louise Stahl, Chanel Lallouz and Joanna Lazier.

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Keynote speaker Robert Krell greets Ottawa-based Holocaust survivors Vera Gara and Judith Young Drache at a CHES event marking the opening of the National Holocaust Monument, September 27, 2017 at Library and Archives Canada.

CHES to hold Sukkot luncheon for Holocaust survivors and their descendants

BY MINA COHN
CENTRE FOR HOLOCAUST EDUCATION
AND SCHOLARSHIP

In the traditional custom of Sukkot hospitality, the Centre for Holocaust Education and Scholarship (CHES) at Carleton University's Zelikovitz Centre for Jewish Studies will host our first luncheon to honour local Holocaust survivors.

Inspired by a similar program in Phoenix, Arizona, CHES adapted the idea and to provide opportunity for local Holocaust survivors, and members of the second and third generations of descendants, to meet each other. The gathering is a wonderful opportunity for the second and third generations to forge bonds with local Holocaust survivors.

Phoenix's Café Europa is a monthly social and supportive program that brings together Holocaust survivors with a group of descendants for a lunch, providing the opportunity to socialize, to reconnect with old and new friends, to develop supportive networks, and to enjoy a variety of programs including music, film, and lectures.

Compared to larger cities such as Toronto, Montreal and Vancouver, the number of Holocaust survivors who settled in Ottawa is relatively small. However, Holocaust survivors have meaningfully enriched our community, with many continuing to give of themselves by going to schools to share their stories,

a task that is emotionally demanding. As they age or leave us, they are creating a void, which descendants are attempting to fill. The children and grandchildren of Holocaust survivors are stepping up around the world to share their parents and grandparents' stories in new, artistic, and inspiring ways. Today, many descendants feel the need to research and fill in the gaps of their family's lost history. Those who participated in our event with Jeanne Beker on June 11 witnessed this phenomenon. In the light of the still prevailing racism, anti-Semitism, and Holocaust denial in Canada and around the world, this remains an important and critical mission.

CHES is striving to ensure the continuity of Holocaust education through the active involvement of Holocaust survivors and their descendants. This year the survivors who participate in the CHES Speakers' Bureau, an outreach program providing educators with the opportunity to host a survivor in their classroom, responded to four times as many calls as in any of the previous years.

Holocaust survivors and descendants of survivors interested in participating in any of our programs are asked to contact us. Our Sukkot luncheon for survivors and descendants is at noon, Thursday, September 27, at Kehillat Beth Israel. RSVP to 613-619-5846 or to aiyehsr@gmail.com by September 20.

How to celebrate Sukkot without a sukkah

BY SARA SHAPIRO-PLEVAN

(My Jewish Learning via JTA) – The central mitzvah of Sukkot is found in Leviticus 23:42, where Jews are commanded to dwell in a sukkah, a temporary hut, for seven days and nights. We do this in order to remember the experiences of our ancestors, both on the journey from Egypt to the Land of Israel and in a later era, when farmers brought offerings to the ancient Temple in Jerusalem at the time of the harvest.

But many people live in climates, neighbourhoods or buildings that preclude constructing and living in a sukkah. Most local congregations, the Soloway Jewish Community Centre and campus student organizations like Hillel Ottawa and the Chabad Student Network will likely have ones you can use to fulfil the mitzvah of sitting in a sukkah. Yet everyone, with or without a personal sukkah, can turn to creative interpretations of “dwelling” and focus on the aspects of Sukkot that are oriented toward other rituals and customs to enrich the holiday experience.

AT HOME IN A HUT

In the Torah, the children of Israel used sukkahs as temporary homes while travelling through the desert. Instead of constructing your own temporary space – or in addition to it – you can help someone else acquire a permanent home. Habitat for Humanity runs building projects in many urban areas, including Ottawa. Jewish Family Services of Ottawa is involved in addressing issues of homelessness and poverty, and several of Ottawa’s Jewish congregations are active in the Multifaith Housing Initiative.

Other programs in the community help individuals transition from homeless shelters into homes by collecting housewares and other necessary items. The acknowledgement that there are those in our communities who have no shelter at all can bring a meaningful awareness to your celebration.

A TEMPORARY DWELLING

A sukkah is a transitional shelter meant to provide only the basic structure of a building. In fact, Jewish law requires a minimum of 2 1/2 walls, and the ceiling, covered in tree branches and leaves, must be open enough so that the stars are visible.

One alternative is to build a sukkah-like structure indoors. For children, the act of building forts and tents is the creation of a personal play space. Adults can build a canopy over the dining room table using a tablecloth, or even over the bed – perhaps to look like a huppah, or wedding canopy – to enjoy the temporary shelter and reminder of transition that it evokes.



Waving the lulav and etrog is one way to Sukkot pleasure – especially for the kids.

DASEE BERKOWITZ

HARVEST HOLIDAY

In the Bible, Sukkot marked the time of the fruit and grape harvests. It is also harvest time in North America, and the produce of the season is readily available. You can visit a farmer’s market or even a farm to buy or help harvest seasonal fruits and vegetables. Go apple picking or just visit the park to collect fallen leaves and twigs to use as decorations. Create centrepieces for the home with fruits and vegetables, and plan meals that incorporate a wide selection of local produce. Look for the variety of produce imported from Israel during this time of year, as well.

THE FOUR SPECIES

The lulav and etrog are made up of four kinds of plants (citron/etrog, palm/lulav, myrtle/hadas and palm/arava) and are often called the four species, or arba minim. They function as one unit, and we say one blessing over them together. Their purpose is to gather and enjoy the plants of the land. Anyone can shake a lulav at home, in a synagogue, or out in the world.

The four are often referred to under

the inclusive term lulav, since the lulav is the largest and most prominent of the species. Thus, while the mitzvah is to wave the lulav, this actually refers to waving all four species: palm, willow, myrtle and etrog. Also, when people refer to the lulav and etrog, they are referring to all four species, including the willow and myrtle.

USHPIZIN

Welcoming guests is a Jewish value expressed all year by the mitzvah of hachnasat orhim (welcoming guests). Invite guests to your home for a sukkah party or a meal and serve harvest-themed treats. You might also host a picnic in a local park.

During Sukkot, we specifically welcome ushpizin, traditionally one of seven exalted men of Israel to take up residence in the sukkah with us: Abraham, Isaac, Jacob, Joseph, Moses, Aaron and David. Be creative and encourage your guests to welcome their own ushpizin – famous personalities and heroes, ancient or modern, Jewish or not Jewish, who lived exemplary lives and continue to inspire.

THE TIME OF OUR JOY

In Jewish liturgy, Sukkot is referred to as z’man simchateinu (the time of our joy). Take time off to spend with family or friends, or make phone calls to wish a chag sameach (happy holiday) to loved ones who are too far to visit.

Make your home a joyful place with decorations in the spirit of the holiday: Decorate your front door with a harvest theme, hang paper chains from your ceilings or build a mini-sukkah out of graham crackers, pretzels and icing to serve as a fun treat. Sukkahs in Israel are often decorated with what North Americans would refer to as “Christmas lights,” so grab a box and string them around your windows and walls to transform your home into a sukkah.

The space and financial investment needed to build a sukkah can be very real, but finding ways to celebrate the holiday only takes some creative thinking.

Sara Shapiro-Plevan is coordinator of congregational education for the Board of Jewish Education of Greater New York.

FEDERATION
REPORT



GILLIE VERED, OTTAWA JEWISH
COMMUNITY FOUNDATION

Legacy gifts help ensure the vibrancy of our community in perpetuity

been able to provide \$14,542,945 to the various beneficiary agencies of our community.

In this edition of the Ottawa Jewish Bulletin, I want to review how the Foundation strives to be donor-centric, while at the same time being mindful of our community's needs, both for today and for the future. This approach differentiates the Foundation from other organizations and affords a unique alternative approach to community philanthropy.

Simply put, our job is to help facilitate and assist donors in their goal of fulfilling their philanthropic aspirations. We act as conduits and stewards for funds, always mindful of our responsibility to our donors.

How do we achieve this?

First, by opening a donor-advised fund, YOU choose where YOU want the money to go. You can determine that your gift will go the organization that is

most meaningful to you. You can make this determination based on a personal experience that you or a family member may have had, or you may base it on your perception of where the need is greatest. For example, three of my personal passions are the Vered Israel Cultural Centre, the Ottawa Jewish Community School, and the Soloway Jewish Community Centre.

Second, once a donor has opened a fund, we are committed to providing a familial connection. For example, a donor can appoint their child as a next generation adviser for the fund, thus creating a bond between the family and community. We believe it is important for generations to have conversations together about values and giving, so we strongly encourage families to discuss philanthropy with their children.

Maimonides has described the eight levels of charitable giving or tzedakah.

One of his highest levels is to "give assistance in such a way that the giver and recipient are unknown to each other," which is such a powerful and profound principle. A legacy gift to the Foundation continues in perpetuity. While the donor does not know the recipient, they do know the benefits of the gift will continue into the future helping to ensure the vibrancy of Ottawa's Jewish community.

Ours is a community of which we can all be proud. It is compassionate and caring. It is inclusive and inviting. It is dynamic and ever evolving. We, at the Foundation, invite you to help ensure our community's welfare for the present and the future. I encourage you to reach out to Director of Development Micah Garten at 613-798-9818, ext. 270, to discuss donor-advised funds.

I am excited to work with you to continue building and strengthening our incredible Jewish community.

I am exceptionally thankful for the opportunity to chair the Ottawa Jewish Community Foundation. The Foundation has achieved so much since its inception, growing to \$63 million in assets under management, a significant endowment by any standard, particularly for a community of our size, and we have achieved an enviable average rate return of 6.61 per cent over the past 10 years. Most importantly, over the past five years, the Foundation has

FROM THE
PULPIT



RABBI MENACHEM BLUM,
OTTAWA TORAH CENTRE CHABAD

Summer fishing and the New Year

*As life gets monotonous
and we get tired of same
old spaghetti, we crave for
something new.*

learned a few things this summer as I tried my luck at fishing.

Any good fisherman will tell you the best time to catch fish is during or after a heavy rain, for then fish swim to the top. Although they are already submerged in water, fish, like humans, crave something new. As the rain cools the water, fish rise to the top to look for fresh water and then they get caught.

We also yearn for fresh water. As life gets monotonous and we get tired of the same old spaghetti, we crave for something new.

The Torah, which provides us with the ideals and perspectives by which to lead our lives, warns us about the attraction of idol worship. It describes it as "something we never heard of before." For that is precisely the attraction. It is something that breaks the gloom of monotony, and brings change and excitement. Too often, we feel that the Torah was good for the shtetl days, but for 2018, it's stale, and boring. We therefore go on to embrace new ideas and throw away what our ancestors

breathed and lived.

So what should we do about the monotony?

Well, another lesson I learned from fishing is that monotony is not necessarily a bad thing. A fish in water can stay in the same place for a long period. It looks 'bored' and almost lifeless. Take the fish out of the water and it will jump up and down and fly up into the air. In which circumstance is this fish more 'alive'? Clearly, the sudden outburst of movement is a sign of death, not of life.

So too with us. On the surface, some people's lives seem so full of novelty and adventure. They run from here to there, from one distraction to another, jumping up and down restlessly.

The truth is we can't always confuse the 'new' with positive and the 'old' with negative. Sometimes, it is the other way around. We search for the new, because we are dying inside and we seek new experiences to get us excited and give us some sense of happiness.

Teshuvah is about returning to our true self, to be at peace with our self and to recognize who we are and what our values are. Although this may seem boring, that is not because we are bored, but rather because we are submerged in our life-giving waters.

Wishing you and yours a Happy and Sweet New Year!

We find ourselves during the Ten Days of Teshuvah (Repentance). During these 10 days of introspection, we reflect on the past year and take on good resolutions for the New Year.

Teshuvah literally means to return to our soul's original and pristine state, like the day we were born. As we pass through life, we tend to get bored with the monotony and we repeatedly fall prey to the allure of some unwise and empty considerations that we now realize were worthless and unproductive. We look for fresh experiences, soon to realize that we were soiled by our errors and misjudgments. The essence of our soul, however, remains pure and untouched. Teshuvah gives us the ability to access and reconnect to that untouched self and restore our lives to factory settings.

Speaking about trying new things, I

OTTAWA JEWISH BULLETIN

VOLUME 82 | ISSUE 19

Ottawa Jewish Bulletin Publishing Co. Ltd.
21 Nadolny Sachs Private, Ottawa, K2A 1R9
Tel: 613 798-4696 | Fax: 613 798-4730
Email: bulletin@ottawajewishbulletin.com
Published 19 times per year.
© Copyright 2018

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The *Bulletin*, established in 1937 as "a force for constructive communal consciousness," communicates the messages of the Jewish Federation of Ottawa and its agencies and, as the city's only Jewish newspaper, welcomes a diversity of opinion as it strives to inform and enrich the community. Viewpoints expressed in these pages do not necessarily represent the policies and values of the Federation.

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

Funded by the Government of Canada.

Canada

ISSN: 1196-1929
Publication Mail Agreement No. 40018822

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

FROM THE EDITOR



MICHAEL REGENSTREIF

The final production day for an issue of the Ottawa Jewish Bulletin is always a busy day. This final production day – Friday, September 7 – was the busiest I can remember. Normally, we go to press sometime between 1 and 3 pm, but today we held off so that we could cover the visit of Prime Minister Justin Trudeau to the Jewish Community Campus for a pre-Rosh Hashanah event at the Bess and Moe Greenberg Family Hillel Lodge organized by the Jewish Federation of Ottawa. Trudeau joined Lodge residents and Ottawa Jewish Community School Grade 3 students as they braided challahs to be donated to the Ottawa Kosher Food Bank and dipped apples in honey as they wished each other a sweet New Year. Trudeau's 45-minute visit was at 2:30 pm.

The prime minister comes to visit

While many MPs and cabinet ministers have attended events on the Jewish Community Campus over the years, this was, significantly, the first visit ever by a sitting prime minister. See pages 1 and 10 for our coverage of Trudeau's visit.

The day before his visit to the Campus, Trudeau told Canadian rabbis in a conference call that the government's formal apology for the refusal to admit Jewish refugees fleeing Nazi Germany on the *MS St. Louis* on June 7, 1939 would be made in the House of Commons on November 7 – just prior to the 80th anniversary of Kristallnacht.

Speaking of the prime minister, he is next scheduled to face the voters in a federal election on October 21, 2019.

On August 22, Shimon Koffler Fogel, CEO of the Centre for Israel and Jewish Affairs (CIJA), wrote to Chief Electoral Officer of Canada Stéphane Perrault to point out that the scheduled federal election date falls on Shemini Atzeret – which serves as the concluding days of the annual High Holy Day period. Consequently, observant Jews will not avail themselves of the right to vote on that day."

Since 2007, the Canada Elections

Act has specified "the third Monday of October in the fourth calendar year following polling day for the last general election" be Canada's fixed date for federal elections.

Strategically, the CIJA letter did not ask for a change of the election date, but noting other Jewish religious days in the weeks leading to the scheduled date, asked that special attention be paid to the scheduling of advance polls "to ensure that Canadian Jews' right to vote is included."

CORBYN UPDATE

Last issue, I commented on the situation being faced by the Jewish community in the United Kingdom regarding Labour Party leader Jeremy Corbyn – who may well be the U.K.'s next prime minister.

Corbyn has a long history of anti-Israel activity that has included embracing terrorists as "friends." Increasingly, though, revelations of anti-Semitism in the party – and in Corbyn's own history as an anti-Israel activist – have been revealed.

I won't list all of Corbyn's transgressions but one that surfaced since my last column was a 2010 speech in which he claimed that Israel controlled speeches made by MPs in the U.K.

MPs, Corbyn said, "all turned up [in parliament] with a pre-prepared script. I'm sure our friend Ron Prozor [then Israeli ambassador to the U.K.] wrote it."

Also since that last column, important figures including former Labour Party prime ministers Tony Blair and Gordon Brown, and Rabbi Lord Jonathan Sacks, the highly regarded former British chief rabbi, have expressed concerns about anti-Semitism in the party and about Corbyn in particular.

"When people hear the kind of language that has been coming out of Labour, that's been brought to the surface among Jeremy Corbyn's earlier speeches, they cannot but feel an existential threat.

"Jews have been in Britain since 1656 – I know of no other occasion in these 362 years when Jews, the majority of our community, are worrying, 'Is this country safe to bring up our children?'" said Rabbi Sacks in a BBC interview on September 2.

Normally diplomatic, Rabbi Sacks noted that it was the first time in 30 years that he had spoken out about a political party.

We continue to watch the situation in the U.K. with grave concern.

IDEAS AND IMPRESSIONS



JASON MOSCOVITZ

As October 17 nears, there are several interesting observations to make about the legalization of cannabis in Canada. For one, no one officially talks about marijuana and pot anymore. Those words were used when the stuff was forbidden. Make it legal and cannabis is the nice word that makes people feel better.

As the only G7 country to legalize cannabis, one could think Canada and its hip prime minister are way out there in Never-Never Land, but there has been little stir or comment within the G7. Other leaders of major industrial countries are obviously not ready to do it, but none is clamouring that Canada is doing something wrong, reckless or radical.

So much silence from so many eco-

The politics of legalized cannabis

nomically advanced industrial countries is a clear sign that Canada may not be going to pot after all. There is a strange feeling that comes with the silence. The feeling that cannabis usage is more commonplace in G7 countries than anyone would care to admit. It was certainly the case in Canada. Justin Trudeau knew it, and once in office, followed his instincts and delivered the legalization he promised in the 2015 campaign.

The legalization debate in Canada was a meek affair. Political opposition always seemed to be on the periphery. It was specific issues, like driving-under-the-influence, which kept the opposition busy. There was never an all-out onslaught against the legislation, which may have been expected in some conservative circles. The Conservative Party never stated or even suggested it would kill the cannabis law once in power. Cannabis, it would appear, will be part of the Canadian fabric long into the future.

For those of a certain generation, it is a seismic switch. No one could have thought of this development in the 1960s because no one would have thought the medical profession, knowingly or unknowingly, would one day rip the cover off the ball that made cannabis an illegal substance.

When the medical community publicly recognized cannabis as being medically helpful for a number of diseases and symptoms, the clock-of-logic began to tick. At a certain point, it became clear it was hard to hold to the line that recreational use was a hazard.

I recently watched the Ken Burns documentary, "Prohibition," and learned that while Americans could not legally buy alcohol from 1922 to 1933, it was possible to get a number of ounces per month with a doctor's prescription. Canada's medical marijuana law was a mirror image.

By no means does the entire medical profession approve of the new law. It would be silly to imply that, but like the political opposition, the dissenting voices in the medical community were neither that numerous nor that loud.

On the surface, it is hard to believe that there was no organized campaign from the medical profession equating smoking cannabis with lung cancer. There was no organized campaign to warn against the dangers of brain damage or memory loss. While there were dissenting voices all through the debate, dissenting voices do not have the power to change a government's direction. The Canadian medical estab-

lishment chose not to employ its clout.

Anecdotally, I recently overheard a doctor talking about the new law. He said he feared it would hurt young people who would have more opportunity to get cannabis, even if they were underage. He believes cannabis can do damage to a still-developing brain. However, the same doctor said that after years of emergency room service, that unlike alcohol, he never saw cannabis as the cause of a gunshot, a stabbing or an assault.

As Canada prepares for legalization, the parameters of so many things will change. When the long forbidden fruit is no longer forbidden, ask yourself how many people among your family and friends will try it? How many will come out as long established users? Can you imagine going to a wedding that has a scotch bar and a room filled with brownies?

No democratically elected government knowingly does something stupid to get themselves defeated. Perhaps the muted opposition from other G7 countries, from the political opposition, as well as from the medical establishment, indicates that cannabis legalization is not stupid or daring.

We are about to discover is how mainstream cannabis may already be.

Professor Shawna Dolansky to explore *Bereshit* at Adath Shalom Shabbaton

BY ESTELLE MELZER
ADATH SHALOM

Professor Shawna Dolansky will be scholar-in-residence at Adath Shalom Congregation for Shabbat *Bereshit* on Saturday, October 6. The Shabbaton will kick off an exciting year of learning and guest speakers in celebration of Adath Shalom's 40th anniversary.

Dolansky, an instructor in the College of the Humanities at Carleton University, will give two lectures on the Creation story at the beginning of the Torah.

Her D'var Torah, "Bereshit: Worlds and Wordviews," will take place during Shabbat services.

"A primary function of Creation myths," Dolansky explains, "is to establish the place of humans within the order of the universe. The opening chapter of the Torah lays out precise steps and details of how this order is understood, and in so doing, reveals to us the author's worldview of how the Earth and all its contents came to be."

Dolansky's D'var Torah will walk the congregation through a close reading of Genesis 1 to help us see the world through the eyes of the ancient Israelites who wrote it down.

Her second talk, "Creation Stories in the Ancient Middle East," will take place after a light kiddush lunch.

The afternoon lecture will explore a variety of ancient Near Eastern Creation myths to set the biblical ones within this wider context, helping us to appreciate the function of myth in the ancient world from which the Bible emerged.

Adath Shalom Congregation feels very privileged to have Dolansky as scholar-in-residence for another exciting year of thought-provoking lectures, which are sure to enrich our understanding of the world from which the wisdom of the Torah emerged. During the Jewish year 5779, we are looking forward to two other Shabbatons with her. The community is most welcome to attend the Shabbatons.

Adath Shalom Congregation is a friendly, inclusive and egalitarian Conservative community with a strong focus on Jewish learning. Our lay-led services are intimate, spiritual and joyful. Shabbat services take place at 9:45 am in the chapel of the Ottawa Jewish Community School at 31 Nadolny Sachs Private on the Jewish Community Campus. Guests are encouraged to drop in any Shabbat to experience services in the little shul with a difference.



Biblical scholar Shawna Dolansky will discuss Creation stories during a Shabbaton, October 6, at Adath Shalom Congregation.

A ripple effect that makes a difference with kindness

BY BASSY MENDELSON
CHABAD OF CENTREPOINTE

A seven-year-old girl struggles with anxiety and worries. A 10-year-old boy's brother is ill and he needs extra help with his schoolwork as his parents spend many nights at the hospital. A parent is battling cancer and their kids feel the pain and sadness in the home.

We are here to help.

'A Ripple Effect' is a Chabad of Centrepointe program that gives Jewish youth in Ottawa the opportunity to make a difference in the lives of children and families dealing with difficult challenges, including illness, mental health issues, special needs, and loss.

We began A Ripple Effect more than a year ago giving high school students many different opportunities to fulfil their volunteer hours.

They can sign up to be a part of 'My Big Friend,' in which they will consistently visit a family in the community to help with socializing, homework, or fun games and activities. Just knowing someone is there, and cares, can lift the burden from the heart of a child in pain.

Other examples of volunteer opportunities include hospital visits, sibling support, birthday visits, holiday baskets, toy drives and a blood drive.

One of our highlights last year was bringing a group of high school students together to prepare Shabbat dinner for a family battling cancer. We braided challah, made chicken soup and a full spread that we delivered to the family before Shabbat. Such kindness and love have a powerful "ripple effect" for both the youth, and for the families they have touched.

Another highlight for our volunteers and kids was an evening out at the Canadian Tire Centre watching an Ottawa Senators/Florida Panthers game in box seats



Spartacat visits with A Ripple Effect volunteers and kids attending the Ottawa Senators/Florida Panthers game at Canadian Tire Centre, March 20, 2018.

– complete with kosher food.

How does A Ripple Effect work?

Youth and young adults sign up to be volunteers, and families sign up for a volunteer. We organize weekly or biweekly visits. Our entire A Ripple Effect community is invited to special events, trips and exciting programming.

We are a non-profit organization bringing support and friendship to children and families in need, creating "a ripple effect" of goodness and kindness. Our goal is to give some respite to parents and to bring joy and love to our community.

For more information, visit www.arippleeffect.ca or call 613-618-3843.



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**Negev Dinner supporting
youth-at-risk with guest speaker
Andy Ram, Israel's tennis legend**

Andy Ram, the Israeli tennis legend and former Grand Slam winner, arrived in Israel from Uruguay with his parents at the tender age of five to begin a new life in one of Jerusalem's poorest neighbourhoods.

"I was having difficulty adjusting... It was tough at the beginning because I couldn't speak the language, and was fighting with people in the kindergarten who didn't understand me. So my parents decided to send me to the nearby tennis centre (ITC). It was the best idea they ever had. Tennis allowed me to focus, helped me to integrate into Israeli culture and burn the crazy energy I had in my feet."

While his parents worked long hours every day, the ITC offered Andy a second home, mentors, and life skills until he was 14. He also spent countless hours honing his tennis abilities.

"I have incredible memories growing up at the tennis centre, meeting many friends, doing homework and taking part in social activities. The atmosphere was inspiring."

At the age of 14, Andy was ranked number 1 in Israel for his age group. Following the completion of his military obligation at age 21, Andy returned to the ITC-Ramat Hasharon to continue training.

"Without the ITC during this time, it would have been impossible for me to accomplish my dream."

He reached the doubles semi-finals at Wimbledon in 2003, won three grand slams in Australia, and mixed doubles at the French Open and Wimbledon. Another great moment for him was representing Israel in 2014 at the Davis Cup in Florida against Argentina.

Today Andy is not only giving back to the ITC, he is also expanding his influence outside the ITC. He was recently named CEO of Pulse Play, a revolutionary new wearable device. Please support this year's Negev Dinner project at ITC Kiryat Shmona.

Kite Fire damage! Israel still needs your support! Here's a brief timeline of events.

HOW CAN YOU HELP FROM 9,354 KM AWAY?

FIRE KITES TIMELINE

APRIL Kites fires and balloons begin to be sent to the bordering Gaza communities	MAY 450 fires and 7000 acres have been destroyed due to the fires	JUNE 300 fires and 400 hectares of forest are lost due to the kite terror	JULY Over 10,000 acres are lost and over 1160 fires have been set	AUGUST \$2 million in damages and 7400 acres of land and forest are gone
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Roger Greenberg to speak at Ottawa Jewish Historical Society AGM

BY ANNA BILSKY
OTTAWA JEWISH HISTORICAL SOCIETY

Roger Greenberg will be the keynote speakers at the annual general meeting of the Ottawa Jewish Historical Society (OJHS) on Wednesday, October 10, 7:30 pm, in the chapel at Kehillat Beth Israel.

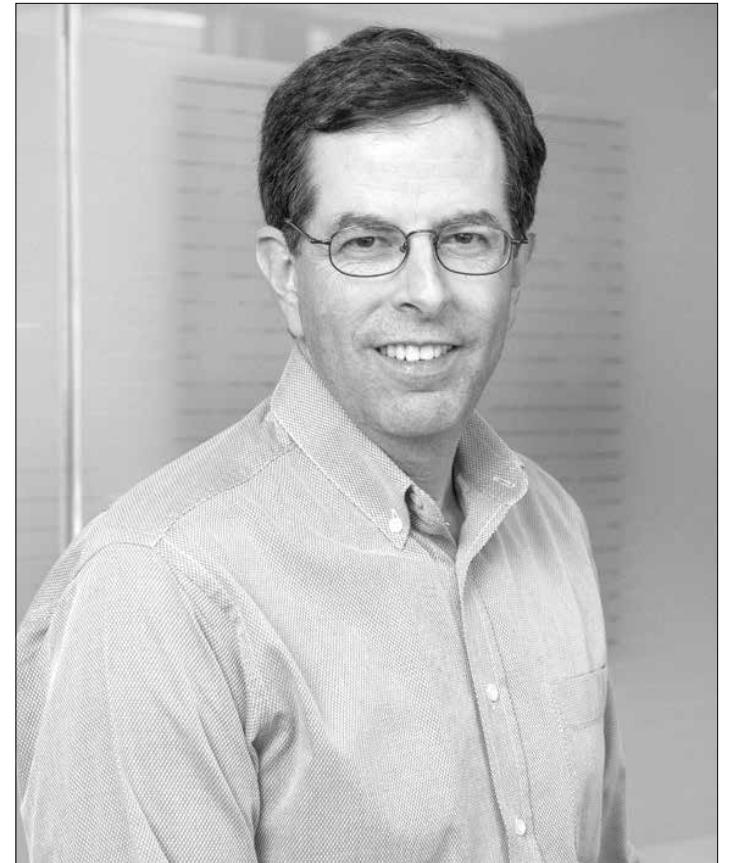
Roger will discuss his remarkable family and the birth of Minto, the family's real estate firm. Both the Greenberg family and Minto have made important contributions to Ottawa's Jewish community and to the development of the city.

The OJHS will introduce its new slate of officers at the meeting and outline our plans for the next two years. The mission of OJHS is to record the history of the community and make this information available to the public. Come to the meeting and make sure your input is heard.

We urge everyone to attend the AGM. Refreshments will be served and you will be able to join OJHS if you are not already a member.

For more information about the OJHS, contact Elaine Brodsky at the OJHS office at ojhsoc@gmail.com or 613-798-9818, ext.264; or Anna Bilsky at humbil@rogers.com or 613-728-4202.

If you are planning to attend, please RSVP to Elaine to facilitate the ordering of refreshments.



Roger Greenberg is executive chair of The Minto Group and The Ottawa Sports and Entertainment Group.



Jewish War Veterans of Canada scholarships: Ruth Aaron, chair of the Student Award Selection Committee of Jewish War Veterans of Canada – Ottawa Post, presents \$1,000 scholarship cheques to Ariel Aarenau (left) and Michael Melamed. The presentation took place August 28 at the Soloway Jewish Community Centre. Ariel, a graduate of Blyth Academy, is now at Carleton University studying media production and design and information technology in the Faculty of Journalism. Michael, a graduate of Sir Robert Borden High School, is now at the Smith School of Business at Queen's University.

Prime Minister Justin Trudeau's Rosh Hashanah visit

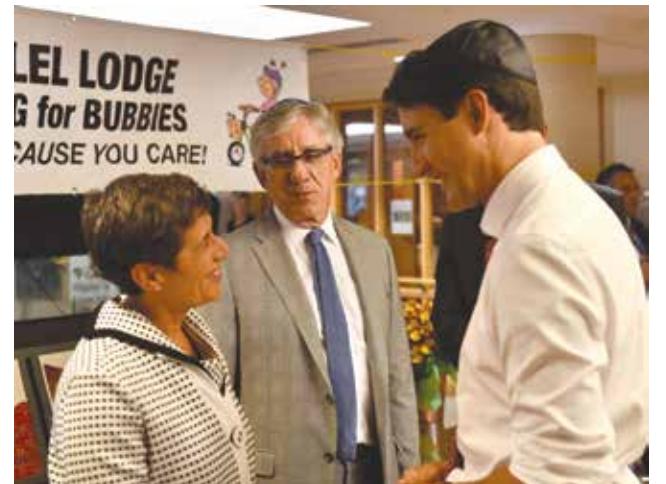
ALL PHOTOS BY PETER WAISER



Prime Minister Justin Trudeau shares a moment with a Hillel Lodge resident.



An exited group of OJCS Grade 3 students arrives at Hillel Lodge.



Prime Minister Justin Trudeau is greeted by Federation President and CEO Andrea Freedman and Board Chair Hartley Stern on his arrival at Hillel Lodge.



Prime Minister Justin Trudeau with (from left) Federation Chair Hartley Stern, OJCS Head of School Jon Mitzmacher, OJCS Board President Michael Polowin, Hillel Lodge Board Chair Arlene Rosenbloom, Hillel Lodge CFO Karin Bercovitch and Federation President and CEO Andrea Freedman.



(From left) Prime Minister Justin Trudeau, Federation President and CEO Andrea Freedman and Federation Board member Nikki Shapiro dip apples in honey to celebrate the New Year.



Prime Minister Justin Trudeau chats with a Hillel Lodge resident as OJCS Head of School Jon Mitzmacher looks on. Federation Chair Hartley Stern is at the podium preparing to lead the apples and honey ceremony.



Prime Minister Justin Trudeau visits with a group of Lodge residents and OJCS students as Nikki Shapiro continues to give instructions on challah braiding.



Prime Minister Justin Trudeau and OJCS Board President Michael Polowin take a selfie.

Historical novel captures British Mandate period in pre-state Israel

RABBI STEVEN H. GARTEN
BOOK REVIEW

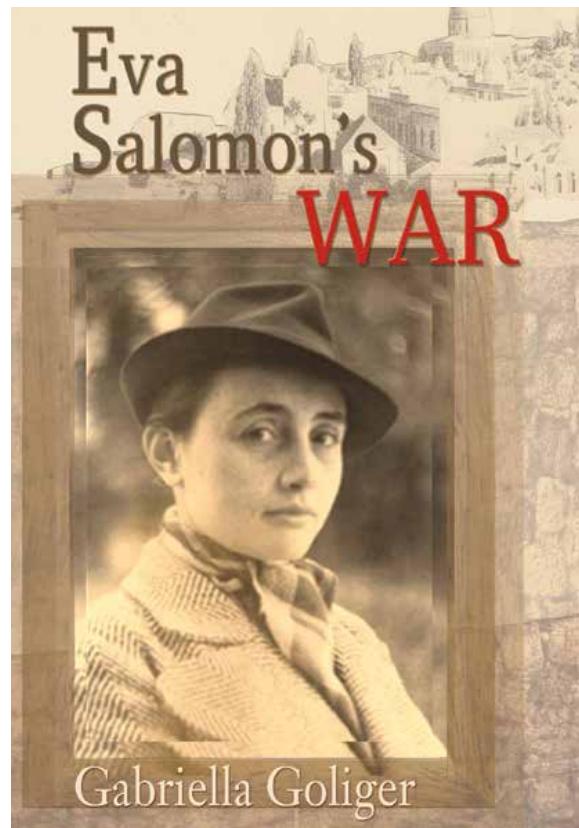
Eva Salomon's War
By Gabriella Goliger
Bink Books
360 pages

How does one preserve a people's history? In the beginning, elders, designated storytellers, were responsible for transmitting the sacred history from one generation to another. As the tribe grew and expanded, the need for storytellers was outstripped by the need for consistency, for officially sanctioned history. That process helped with the evolution of written history.

However, in the beginning, it was not history. It was the record of the fables and interpretive narratives. Sometimes those narratives were declared sacred, the Torah for example. Eventually even the Romans realized that there was a need for a recording of events that was more than just storytelling. History, the theoretically neutral recording of events over time, developed as a means of connecting new generations to the exploits of their ancestors. The art and science of history has become an important aspect of a people's ability to reflect upon its past glories and previous mistakes.

Our people's history is no different from that of other peoples. The Tanach is an early example of oral memories finding their way into written form. We have evolved over the past 2,000 years into a people that very much appreciates the power of historical record. It is common during debates over events in Israel to remind individuals of the historical antecedents and proclaim the importance of historical context in understanding today's chaos.

We have also been at the forefront of accepting historical fiction as a powerful tool for the transmission of history. Leon Uris' *Exodus* and *Mila 18* and Herman Wouk's *The Winds of War* and *War and Remembrance* are novels that had an impact on the general knowledge regarding the creation of the State of Israel.



Eva Salomon's War by Ottawa author Gabriella Goliger fits this paradigm. This novel invites us to witness the events of the British Mandate period, specifically from the mid-1930s until the creation of the State of Israel. We follow Eva, her father and sister from Germany to pre-state Palestine where we are immersed in the German Jewish immigrant experience.

Eva's father, a rigid religious Jew, tries to recreate his previous life in Tel Aviv. Eva's sister, Liesal, lands on a new agricultural settlement, a kibbutz. She is confronted immediately with political rhetoric, socialist responsibilities, agricultural duties and the threats from Arab neighbours. Eva starts out in her

father's house but cannot abide by his rigid lifestyle and, like her sister, begins a new life. However, for Eva, it is an urban life.

Through these three main characters, we are introduced to all the main issues of the Mandate period and some of the significant issues that are still on the agenda today. Immigrants come in many sizes and one type of integration story does not fit all. The trials and tribulations of the Salomon family are a vivid reminder of that reality. As Liesel evolves in her understanding of the strengths and deficiencies of the kibbutz movement, we begin to recognize that theory and ideology are not enough to feed both the body and the soul.

As the central character, Eva draws our greatest attention. She is headstrong, she is determined and she is committed to beginning a new life that is unlike the one she experienced in Germany. But, that transition is not easy. She needs help and through her we are introduced to many other characters,

each of whom reveals to us the varieties of Jews setting the land.

Perhaps the most powerful storyline is the love affair between Eva and Duncan, a British police officer. Serving in Palestine before, during and after the Second World War, Duncan gives us a non-Jewish set of eyes through which to see ourselves and the conflicts confronting the Yishuv.

Each character is well defined and their struggles are wonderfully emblematic of the pre-state era. One of the most powerful scenes is when Eva is kidnapped by the Irgun and harshly interrogated as a collaborator because of her relationship with Duncan. Love versus loyalty to people, a theme that continues to resonate in our people's psyche to this day.

Eva Salomon's War will introduce the uninitiated to a chaotic and confusing time in the life of the Jewish people and the Jewish state. But, it is so filled with wonderfully drawn episodes of history, that even those familiar with the period will be glad they refreshed their memories.

There will be a book launch celebration of *Eva Salomon's War* on Sunday, October 14, 7 pm, at Temple Israel. RSVP author Gabriella Goliger at goliger@rogers.com.

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Contact: Micah Garten,
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or mgarten@jewishottawa.com



Sukkot recipes

Had enough sweet stuff at Rosh Hashanah? Try something savoury for Sukkot.

BY MEGAN WOLF

(JTA) – So much at the Jewish New Year is sweet – first fruits, honey, honey cake. By the time Sukkot rolls around, we are often looking for something savoury to offset it all.

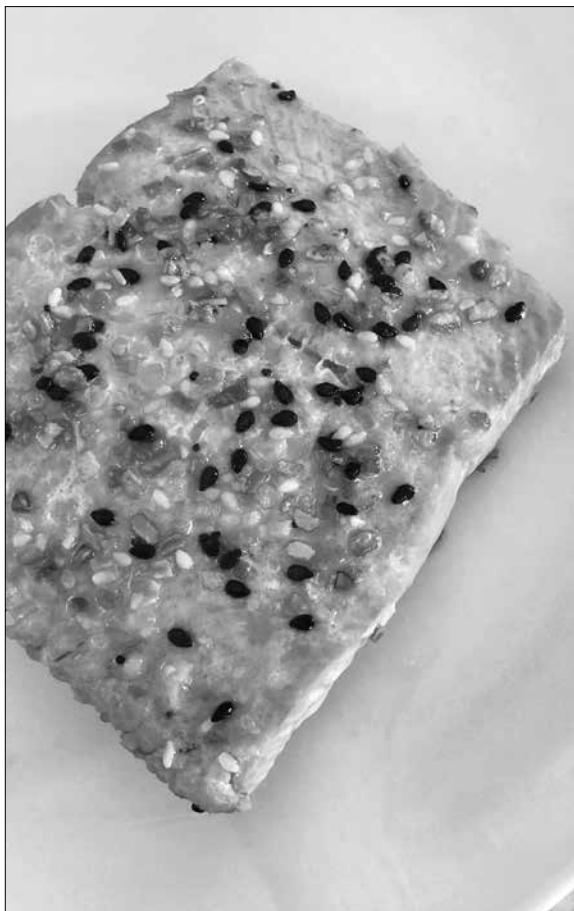
Regardless of the time of year, we have some favourites in our house. One is smoked salmon with cream cheese and vegetables on an ‘everything’ bagel. This menu is a riff on that very dish, but with a lighter and healthier take on the very foods that make the flavours so delicious.

For a time saver, the fish can be crusted ahead of time and set, covered, in the fridge. This salmon is also delicious served cold the next day.

Everything bagel spices are now sold commercially, but they are also very easy to make at home.



EVERYTHING BAGEL CRUSTED SALMON



Ingredients

- 1 teaspoon poppy seeds
- 1 teaspoon sesame seeds
- 1 1/2 teaspoons kosher salt
- 1 1/2 teaspoons dried garlic
- 1 1/2 teaspoons dried onion
- 1/2 teaspoon red pepper flakes, optional
- 4 salmon filets (5 to 6 ounces each)
- 2 tablespoons olive oil

Directions

1. Mix the spice ingredients together in a small bowl and crust each piece of salmon with the spice mix.
2. Heat half the olive oil in a skillet over medium heat, then cook 2 pieces of salmon skin side down for about 3 minutes, flip and cook on the seeded side another 5 minutes or so until cooked through to your liking. Repeat with the other 2 two pieces of fish. Set aside.

CREAMY TAHINI SALAD



Ingredients

- 1/4 cup tahini
- 2 lemons, juiced
- 2 tablespoons hot water
- Salt to taste
- 2 English cucumbers, washed and quartered
- 2 cups cherry tomatoes, washed and quartered

Directions

1. In a small bowl, whisk tahini, lemon juice and hot water, season to taste with salt.
2. In a large bowl, combine vegetables and toss to mix the tahini mixture. Plate the tahini salad first followed by a piece of salmon. Top each plate with leftover everything bagel mix.

GARLIC BROCCOLI RABE



Ingredients

- 10 cloves garlic, peeled
- 3 tablespoons olive oil
- 2 tablespoons hot water
- 2 large bunch broccoli, washed with ends removed
- Kosher salt to taste

Directions

1. In a blender, combine garlic with olive oil and hot water until well mixed and the garlic chopped.
2. Place broccoli in a large sauté pan over medium heat, and then pour garlic oil mixture on top. Cook until the broccoli is just cooked through and tender, but still bright green, about 4-5 minutes. (You may loosely cover the pan to help the steaming process.) The liquid will have evaporated.



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Young Jews from Uganda visit Israel on Birthright

JERUSALEM (JTA) – A group of young Jews from Uganda completed a Birthright trip to Israel, even though Israel does not recognize them as Jewish.

It is the first time that Ugandan Jews have participated in the free 10-day trip to Israel for Jews aged 18 to 32.

The three dozen young people visited Israel in August, part of the 50,000 young adult Jews from 69 countries scheduled to visit Israel with Birthright during 2018.

The trip was operated by Israel Experience with the help of Marom Olami, the young adult division of the world Conservative movement.

In Jerusalem, the young Ugandans visited Yad Vashem and participated in a ceremony inaugurating a new Torah scroll at the Western Wall's egalitarian prayer area. They also visited South Tel Aviv, where they learned about the plight of migrants from Africa living in Israel.

Participant Dafnah Sizomu called the trip “exciting for all of us as a community” because of the knowledge “that we are able to fulfil the dreams of our ancestors in this very moment.”

Sizomu said that in Uganda “we have so many lakes and water bodies, we get rain and natural resources and there’s still a lot of suffering. Here, from a place with no resources they built a country that is so impressive, modern and

accomplished. It is incredible and we learned a lot just from observing it.”

Njogu Samson Nderitu called Israel “the meeting place of our people,” saying he had met Birthright participants from countries around the world. “Being here you know what it feels like to be home.”

Sarah Nabaggala, 27, staffed the trip after having spent time in Israel a year ago on a program that included study at the Conservative Yeshiva in Jerusalem.

“Coming here as a staff member allowed for me to ultimately have an even more significant time because I was able to see Israel through the participants’ eyes,” she said. “They were genuinely excited about being here and immersed themselves fully in the country.”

“They were so filled with joy, seeing so many things for the first time – from Yad Vashem to viewing a large body of water, something a lot of them have never witnessed before. I got really emotional because I saw how emotional they were.”

The Ugandan Jewish community, also called the Abayudaya, which numbers about 2,000, traces its roots to the early 20th century, when a former leader read the Bible and embraced Judaism. Most members were converted under the auspices of U.S. Conservative rabbis in the early-2000s and thus are not recognized as Jewish by Israel’s haredi Orthodox



This was the first time that Ugandan Jews have participated in the free Birthright trip.

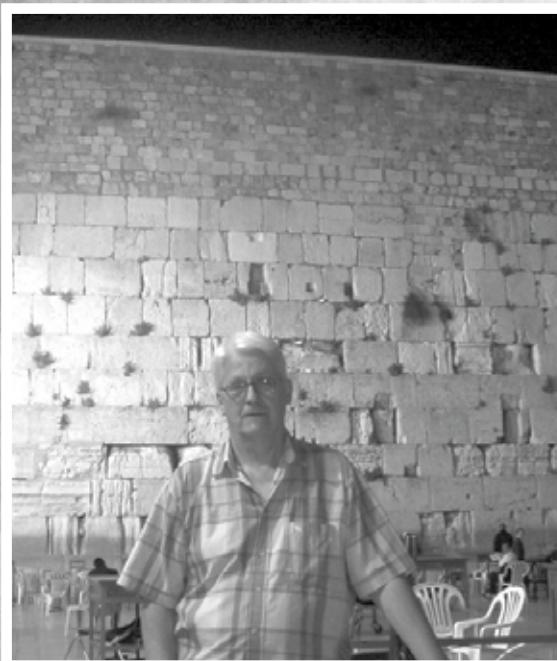
Chief Rabbinate.

In 2016, the Jewish Agency for Israel recognized the community for the purposes of the Law of Return, seemingly opening a path for its members to immigrate to Israel. However, the Abayudaya have struggled to obtain government

recognition to do so. In June, Israel’s Interior Ministry denied a community member’s immigration application, and in December, Israel denied a visa application by another member of the community to study at a yeshiva in Israel, leading to accusations of racism.

On Oct 22, Vote/Votez Daniel Stringer

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Daniel after slipping a written prayer for peace in the Middle East between the ancient stones of the Western Wall.

Kitchissippi Ward includes all of Broadview Ave.



- Founder of International Holocaust Remembrance Ceremony – Ottawa
- Co-Founder of the Wallenberg Citation Initiative to fight anti-Semitism
- Multi-year contributor to the JNF Ottawa Negev Dinner

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 Friend of Israel**



Daniel and Blandine Stringer prepare to present two Raoul Wallenberg Citation for Moral Courage In The Face of anti-Semitism gold medals on Parliament Hill last year.

Watch the Rogers Cable “All Candidates Debate” on YouTube and decide for yourself – www.youtube.com/watch?v=YtnvFQH9gXk

To Volunteer, Contribute or order a sign in Kitchissippi please check out our Website at www.danielstringer.ca



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In the Joseph and Inez Zelikovitz Long Term Care Centre**

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

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

On behalf of the residents and their families, we extend sincere appreciation to the following individuals and families who made card donations to the Hillel Lodge Long-Term Care Foundation **between August 4-27, 2018 inclusive.**

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

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

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

Auxiliary of Hillel Lodge Fund

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Boris and Dolly Blacher Family Fund

In Memory of:
Alana Perelmutter by the Blacher Family
In Honour of:
Shelley and Morris Schachnow Mazel Tov on your 60th Anniversary by the Blacher Family

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In Memory of:
Susan Kerzner by Elaine Friedberg and Bob and Jonathan Dale

Thea and Martin Ginsburg Memorial Fund

In Honour of:
Ruth and Irving Aaron Wishing you and your family a happy and healthy New Year by Eric and Janet Cohen and Family

Nell Gluck Memorial Fund

In Honour of:
Andee Fortune Mazel Tov on your 90th Birthday by Julia Gluck and Ted Overton and Jess and Ayelet
Melanie and Paul Nesbitt In appreciation of your hosting our Simcha by Julia Gluck and Ted Overton and Jess and Ayelet
Connie and Gerald Steinberg Mazel Tov on the birth of your granddaughter Dror by Henry, Maureen, Edie, Shahr and girls

In Memory of:
Bert Koenig by Henry and Maureen Molot
R'Fuah Shlema:
Mr. and Mrs. Bob Garnett Wishing you a full and speedy recovery by Julia Gluck and Ted Overton and Jess and Ayelet
Carol Shattner Wishing you a speedy recovery by Julia Gluck and Ted Overton and Jess and Ayelet

Evelyn and Irving Greenberg Fund

R'Fuah Shlema:
Evelyn Greenberg Best wishes by Doreen Hurtig

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In Memory of:
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Norman Zagerman by Elissa and Avi Iny
Louis Litwin by Elissa and Avi Iny

Evelyn and Isadore Hoffman Family Fund

In Honour of:
Brenda and Nathan Levine Happy Anniversary by Issie and Evelyn Hoffman
Steve and Shelli Kimmel Mazel Tov on your Anniversary by Issie and Evelyn Hoffman
Issie Scarowsky in appreciation by Issie and Evelyn Hoffman
R'Fuah Shlema:
Luigi Caparelli Wishing you the best by Issie and Evelyn Hoffman
Izzy Farber Best wishes for a speedy recovery by Issie and Evelyn Hoffman

David, Harvey, Victor Kardish Family Fund

In Memory of:
Carrie Faye Mason by Margo, David, Aaron and Gail Kardish

Morris and Lillian Kimmel Family Fund

In Honour of:
Stephen and Janet Kaiman Mazel Tov on Tobin's marriage by Harry and Sally Weltman

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In Honour of:
Lee Raskin To a wonderful man. Happy 90th Birthday by Dora Litwack and Family
Sharon Sholzberg-Gray Mazel Tov on receiving the Order of Canada by Dora Litwack

Stephen and Debra Schneiderman Family Fund

In Honour of:
Stephen Schneiderman Wishing you well on your retirement by Laurie and Carol Pascoe

Shirley and Maurice Rose Memorial Fund

In Honour of:
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Sam and Myra Krane Mazel Tov on your 40th Anniversary by Mavis and Simon Wasserberger
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Shelley and Sidney Rothman Family Fund

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In Honour of:
Sylvia Freeman Happy 95th Birthday by Label and Leona Silver

Continued on next page

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Here's a great opportunity to recognize an event or convey the appropriate sentiment to someone important to you and at the same time support the Lodge. Call orders may be given to Cathie at 728-3990, 7:30 a.m. – 3:30 p.m. Monday to Friday. You may also go to: www.hillel-ltc.com and click on the "Donate Now" button to make your donations. Cards may be paid for by Visa or Mastercard. Contributions are tax deductible.



Paul Bregman Happy 65th Birthday by Label and Leona Silver

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Sandra Zagon Mazel Tov on your special Birthday by Monica and Alvin Stein

Carole and Norman Zagerman Family Fund

In Honour of:
Sally and Harry Weltman Wishing you health and happiness on your special 70th Anniversary by Carole Zagerman

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Feeding Program

In Honour of:
Steven and Elizabeth Rubin Mazel Tov on your grandson Elijah's Bar Mitzvah by Helen and Mayer Alvo and Family Rabbi Yonah and Mrs. Raizy Burr Mazel Tov on the marriage of Nosson Nota

and Leah by Annie and David Garmaise
Joseph and Devora Caytak Mazel Tov on the upcoming marriage of Chana and Menachem by Annie and David Garmaise
Maureen Katz Mazel Tov and best wishes on your big Birthday by Donna and Eric Levin
Rhoda Zaitlin and Arnie Swedler In appreciation by Barbara and Larry Hershorn
Mr. and Mrs. Irving Slone Best wishes for a happy and healthy New Year by Clair Krantzberg
Dr. and Mrs. Marvin Silverman Best wishes for a happy and healthy New Year by Clair Krantzberg
Joan Bloom Best wishes for a happy and healthy New Year by Clair Krantzberg
Evelyn Lief Best wishes for a happy and healthy New Year by Clair Krantzberg
Dorothy Nadolny Best wishes for a happy and healthy New Year by Clair Krantzberg
Mr. and Mrs. Elliot Levitan Best wishes for a happy and healthy New Year by Clair Krantzberg
Eleanor Dover Best wishes for a happy

and healthy New Year by Clair Krantzberg
Mr. and Mrs. Lyon Sachs Best wishes for a happy and healthy New Year by Clair Krantzberg
Mr. and Mrs. David Sigler Best wishes for a happy and healthy New Year by Clair Krantzberg
In Memory of:
Pearl Greenberg by Ed and Betty Rose, Bob and Maggie Lederman

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In Honour of:
Marian and Larry Dunkelman Mazel Tov on Steven's engagement by Rosalie and Harold Schwartz

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Recreation Program

In Honour of:
Carol and Laurie Pascoe Mazel Tov on Noah's engagement by Rosalie and Harold Schwartz
Linda and Jeff Laks Mazel Tov on Robert's engagement by Rosalie and Harold Schwartz
Marion Silver and Alan Brass Mazel Tov

on Shira's engagement to David by Rosalie and Harold Schwartz
Ted Cohen Mazel Tov on your new position by Hillary Cratzberg

•••••

In Memory of:

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Julian Zanetti by Marty Saslove
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David Saxe Mazel Tov on your "special" Birthday by Janet and Norman Ironstone
Maureen Katz Wishing you a very happy "special" Birthday by Evelyn Monson and Peter and Minda Wershof
Ralph and Lynda Levenstein Best wishes on your Anniversary by Bill and Laurie Chochinov

Bess and Moe Greenberg Family Hillel Lodge

Get To Know Us

ADVERTORIAL



Morris Shapiro was born in Toronto on March 19, 1923, to Benjamin and Esther Shapiro. This past spring he celebrated his 95th birthday at Hillel Lodge. Actually, Mr. Shapiro has celebrated his last eight birthdays at the Lodge, being serenaded by Evelyn Greenberg and the volunteers who make the monthly birthday celebrations special. On September 16th Morris will have participated in his 8th Biking for Bubbies.

Morris Shapiro

Morris and Honey (Annette) Pancer were happily married for 57 years. As their daughter Susan describes her parents "They did a lot of things together, laughed and joked a lot and were very devoted to each other. They went to the theatre and various outings. They were an engaged couple. They travelled with friends and family in their younger years and always had fun. They attended Blue Jays and Maple Leafs' games. They were very social and enjoyed life. I won the lottery to have them as parents."

Morris began working for Sinnott News as a "helper" in his mid-teens. Sinnott became Metro and later Maclean's and then Rogers Print Media and Morris was a loyal employee working hard through all of the changes. In 1987, at the age of 64, Morris was encouraged to retire... and shortly after retiring, his old boss at Metro invited Morris to return to work at Maclean's (he agreed to part-time) – Management knew what Morris could do. He worked in the industry until 2004 when his dear wife passed. If you're doing the math, he was 81 years young when he retired by choice (the 2nd time) from the Marketing department. Morris decided to move to Ottawa to be closer to their daughter Susan and two granddaughters (Roanne and Lori), and now two great grandsons Joshua and Brandon.

For the first two years in Ottawa, Morris lived with Susan and her family, and then he moved to Central Park Lodge in 2006. When the opportunity to move to Hillel Lodge became available in 2010 – Morris said "yes". He probably threw in a few jokes along the way as well.

If you have visited Hillel Lodge in the last eight years, you have seen Morris's paintings (some have been made into greeting cards). Morris will proudly tell you that before he lived at the Lodge he only painted walls and ceilings. Morris will also proudly show you his collection of photos, and puzzles, and Biking for Bubbies shirts. He tracks his mileage at his regular physio appointments and with the pedals in his room, tracking almost 400 miles annually in 5-20 minute increments. Over the years he has raised more than \$13,300 to benefit the Lodge. "I'd like to donate money, but I haven't got the money to donate. So I do this to help out the Lodge and show my appreciation for the work they do for us" said Morris.

In addition to painting, Morris is often seen playing cards and entertaining the young students who visit the Lodge. His ability to remember and deliver clean (and sometimes not so clean) jokes is incredible. If you tell Morris you'll see him around, he'll reply "if I'm not around – look for me in the corners."

As we were doing this interview, Andee Fortune (a Lodge resident) popped in and said "Morris is a superb human being. One of the best liked guys here." Morris responded with a thank you to Andee, and then turned to me and said "when you show respect, you get respect. The staff and residents are so nice here at the Lodge."

If you would like to sponsor Morris in his 8th Biking for Bubbies – visit www.hillel-ltc.com/2018-biking/pledge or call the Hillel Lodge Foundation office at 613-728-3990.

By Mitch Miller, Executive Director, Hillel Lodge LTC Foundation



Israelis want North American Jewish help in promoting religious pluralism, study finds

BY BEN SALES

(JTA) – For years, North American Jewish groups have agitated for more religious pluralism in Israel. And year after year, the Israeli government has acted as if the country’s demographic and political realities make any kind of substantial reform impossible.

The latest version of an annual survey disputes that claim: It shows that Jewish Israelis disapprove of how their government handles religious issues. It shows that they want more liberalized religious policies. And it says they want Diaspora Jews to intervene in the debate.

The one wrinkle is that when Jewish Israelis talk about “religious freedom,” they are mostly talking about a different set of issues than their North American counterparts. Jewish organizations in North America have poured their energy into changes at the Western Wall and blocking restrictions on Jewish conversion. However, Jewish Israelis mostly care about issues like public transit on Saturdays and government funding of yeshivas.

Those are some of the takeaways from an annual survey of attitudes among Jewish Israelis on religion and state conducted by Hiddush, an Israeli organization that supports religious pluralism. The survey questioned 800

Jewish Israelis in July and has a margin of error of 3.5 per cent.

“The overwhelming majority views negatively the government’s policy on religion and state, opposes practically every aspect of any decision or any issue, whether it’s the [military] draft or marriage or public transit on Shabbat,” said Rabbi Uri Regev, founder and CEO of Hiddush. “The public does want freedom, does oppose government decisions and policies. The public wants Diaspora Jewish involvement in promoting religious freedom.”

As it does every year, the survey found that Jewish Israelis are far more liberal on religious issues than their government. The government’s religious policies are largely administered by the haredi Orthodox Chief Rabbinate, which only recognizes Orthodox rabbis, Orthodox weddings, Orthodox conversion and Orthodox kosher certification. Israel bans nearly all public transit on Shabbat. It does not recognize same-sex marriages performed in the country.

But two-thirds of Jewish Israelis support separation of religion and state, representing an increase of 10 percentage points since 2012. Seventy per cent back government recognition of all forms of marriage, including civil marriage – an increase from 53 per cent



Conservative Jews praying at Robinson’s Arch in Jerusalem, July 30, 2014.

in 2009. Sixty-six per cent support the three major denominations of Judaism – Orthodox, Conservative and Reform – enjoying equal status in Israel.

Nearly half support recognition of all forms of Jewish conversion, while an additional 28 per cent support a liberalization of current conversion regulations. More than 70 per cent want increased public transit on Shabbat.

“There is a consistent and continual decline in people’s preference for the Orthodox option,” Rabbi Regev, a Reform rabbi, said regarding marriage. “The self-righteous claim of the Rabbinate to be the authentic, authoritative, legitimate representative of halachic Judaism is not borne out by the people.”

The survey does have some good news for fans of Israel’s religious status quo. On issue after issue – from conversion to marriage to kosher certification – younger respondents favoured more traditionalist policies than their elders did. While more than 80 per cent of respondents over age 50 supports separation of religion and state in Israel, for example, only 42 per cent of those under 29 do.

Rabbi Regev said part of this divide is due to high haredi birth rates. However, he said it’s also due to “an element of contrarianism you find in young people.”

And while only 22 per cent of Israelis identify as religious or haredi – and 13 per cent self-identify as Conservative or Reform – a greater part of the population has traditional religious tendencies. Nearly half of Jewish Israelis observe Shabbat partially or fully. And given the choice between different types of weddings, most would still opt to be married in an Orthodox ceremony – either under the Chief Rabbinate’s auspices or outside of it.

But while 76 per cent of Jewish Israelis express dissatisfaction with the current government’s religious policies, it may not make a difference. Israelis have not historically voted on religious

issues, prioritizing security and economic concerns. Even so, the survey found that most Jewish Israelis are more likely to vote for a political party if it supports increasing religious freedom.

“If they waver between party A and party B, and party A took a strong stand on this issue, it’s going to win brownie points with the voters,” Rabbi Regev said, adding, however, that “It will depend on what happens, to a great degree, shortly before the elections,” which are scheduled for next year.

Whether or not they vote on religious issues, Jewish Israelis say they want Diaspora Jewry’s help in advancing religious pluralism. Two-thirds expressed support for Diaspora groups “working to strengthen religious freedom and pluralism in Israel.” That includes 65 per cent of those who voted for Prime Minister Benjamin Netanyahu Likud party in the 2015 election. Netanyahu froze a compromise last year – backed by North American Jewish groups – that would have expanded a non-Orthodox prayer plaza at the Western Wall.

The Western Wall has been the top religious policy priority for North American Jewish groups over the past several years, but it does not register with non-haredi Jewish Israelis. They told Hiddush that their most important religious issues were, in order: reducing government funding of Orthodox yeshivas, instituting civil marriage, and allowing public transit on Shabbat. American Jewish groups have also pushed for civil marriage, but have not spoken out significantly on the other two issues.

“It’s not about giving carte blanche to American Jewry,” Rabbi Regev said. “It’s saying these are things we feel strongly about ... and we welcome your help.”

“Clearly there is a disconnect over the wall. The Wall, unlike marriage, is a symbol of what many American Jews feel so strongly about, that in Israel is seen as a marginal issue at best.”

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‘A second helping of happiness and goodness’

As the great Adele sings, “Hello from the other side.” Since we last met, dear reader, I’ve had a second child, a girl, born in March. And what fun it has been. She is happy and funny and her big sister adores her. I could easily wax poetic on the subject for hours.

But I won’t. Because what you really want to know is nu, did you decide to send your daughter to the Ottawa Jewish Community School (OJCS) or not?

And the answer is yes, she is among the navy-grey-white frocked kids dotting the Jewish Community Campus this fall. As I type, her uniforms are hanging-to-dry. Part of the community at OJCS is getting an early tip that those uniforms shrink!

This column won’t be turning into a chronicle of our upcoming adventures at OJCS. In the end, sending her there was the choice that was right for us, and we hope it is the right one for her. We are looking forward to it, though I admit some trepidation about figuring out what – and how much – to pack her for “nutrition breaks.” In my day, it was just lunch.

Of course, the Internet is full of lunch box ideas for kids. What to feed children is a challenge as old as time and one that goes beyond lunch. In that old stalwart of a Jewish cookbook, *Second Helpings, Please*, there’s a page devoted to ideas for kids parties that would have a home on Pinterest today.

The other day, I cracked it open the book’s orange



STEPHANIE SHEFRIN
**MODERN
MISHPOCHA**

cover, catching the pages on the black binding like always, to reach my favourite meatball recipe – tangy sweet and sour, made with ginger ale and ketchup. Dead simple, delicious, easy to double or triple and freeze. Try it, you’ll love it.

A recipe on the opposite page caught my eye: Burger Dogs. Pretty simple – take a hamburger, wrap it around a hot dog, and broil.

“A favourite of children,” the description reads, “and very nice for a birthday party.”

This year, my older daughter’s fifth birthday fell on a Friday. Given that it was her birthday, I allowed her to choose what she’d like for supper.

The answer – shocker – macaroni and cheese.

Ordinarily, no problem. The Instant Pot has revolutionized the way I make mac-and-cheese and it’s a great meal for a crowd, which this night was to include her bubbies, and aunt and uncles.

Except it was Shabbat.

Witness *Second Helpings, Please’s* menu suggestion

to welcome in the Shabbat: chicken in white wine and Spanish tongue.

The way I – and many Jews – were raised was with a simple equation: Friday nights equal chicken. Or brisket. Or as *Second Helpings, Please* also suggests – those terrific meatballs.

People say second children can be a second chance, an opportunity to parent differently, be more or less of something.

Ours has brought a second helping of happiness and goodness into our lives, and if there’s a second chance there, it’s an opportunity to once again think about what family time means, what traditions we keep and which we eschew and which we build ourselves.

Much has already changed in my older daughter’s life since her sister was born. I’ve tried – and many times failed – to be aware of and acknowledge the challenges being a big sister brings. Having more than one kid means compromising, a lot.

And so – mac-and-cheese it was for our Shabbat birthday supper. And the birthday girl definitely had second helpings.

May the coming year bring all your families hearty helpings of joy, health and happiness.

And a quick final note – kol hakavod and a big thanks to Emma Mallach for so ably filling the Modern Mishpocha space while I was on hiatus. We’ll be sharing the spot over the coming months and I hope you look forward as I do to more of her thoughts.

Answering the Annual Campaign’s call

No baseball player wants to hear “strike three” when the bases are loaded. No student wants to hear the teacher say, “We will be handing back tests from the highest mark to the lowest!” No congregant wants to hear the clergy say, “I am almost finished!” And no member of Ottawa’s Jewish community wants to answer the phone and hear, “Hi, I’m calling on behalf of the Jewish Federation of Ottawa’s Annual Campaign.”

We have an almost visceral response to fundraising calls, especially from Federation. It engenders all of our prejudices about the cost of being Jewish. Synagogue dues are always too high, especially for those who attend and participate infrequently. Membership fees at the Soloway Jewish Community Centre (SJCC) are too steep compared to other fitness centres, and day school tuition and supplementary school costs are outrageous, especially for those ambivalent about Jewish education.

The 2019 Annual Campaign is underway and I asked Director of Development Micah Garten – in the spirit of transparency, he is my son – to respond to some frequently heard questions and comments that may be heard as excuses to under-contribute or to avoid contributing. I don’t know if the answers represent official Federation policies or are the responses of one individual, but they provide us with insight into the concepts underpinning the notion of communal campaigns.

My questions and comments are presented in regular type while Micah’s responses are in italics.

1. Why should I contribute to the Federation? I don’t agree with its priorities and certainly don’t agree with all of its decisions?

Community life is an ecosystem. Even if you only care



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

about one component, that component will suffer without a vibrant invested community to support it. Who will support Hillel Lodge in 20 years if we do not educate our children about the Jewish value of honouring elders and mother and fathers? Will there be individuals using the SJCC in the future if we don’t allow exciting and subsidized youth programming? The list goes on.

It is true that a community’s survival depends on each generation feeling responsible for those who come before and those who come after. This is a difficult concept to promote in a time when narcissism predominates the political and the cultural milieu.

2. Why should I contribute to the Annual Campaign when money goes to an Israeli government whose policies I abhor?

No part of any gift to the Annual Campaign goes to the Israeli government nor any institution beyond the Green Line. Federation does provide funding for social institutions in the Northern Galilee. This is one of the most impoverished areas of Israel and community monies go to programs for the elderly, youth and individuals with special needs.

The disconnect between the Diaspora and Israel is growing. There is statistical as well as anecdotal evidence of this. The disconnect is especially noticeable among the generation born in the last 45 years.

Yet Israel was born as a haven for those fleeing anti-Semitism. Many inhabitants of the Northern Galilee are immigrants or descendants of immigrants. Should our political disagreements inhibit our ability to make a difference in the life of the needy, disabled or disadvantaged?

3. We are not the same community that we were 45 years ago, 25 years ago or even 15 years ago. How does an individual donation to the Annual Campaign help alternative activities reach beyond the standard old time approaches?

This community works well together in hundreds of areas. It is a mistake to only focus on the new. Yet we recognize that communities are not static organisms. The genius of the Jewish Superhighway is that it recognizes the need to grow the Annual Campaign in order to create a new, nimble funding stream that can provide speed monies for the incredibly important new projects. An increase in funding does more than maintain the status quo; it insures that the future is offered a fighting chance.

We are certainly not one community any more. It is debatable whether we ever were one community or whether the majority approach simply marginalized the outliers. However, in 2018, we are certainly cognizant of the myriad Jewish lives and Jewish lifestyles that comprise our community. If the Annual Campaign can find the resources to fund alternative approaches to Jewish life and Jewish continuity then perhaps our Jewish future is brighter than some prognosticators suggest.

When the dreaded call comes, take the time to consider these questions and answers. Our future may depend on your willingness to do so.

Uncover hidden obstacles and enjoy a healthier, fitter you

We experience many obstacles in life, including some that get in the way of our health and fitness. The first step in overcoming obstacles is to recognize and acknowledge them. While we may be able to readily identify some of our personal obstacles (e.g., those running shoes are not within my budget), others such as our own attitudes may be less apparent.

In her best-selling book, *Lean In*, Facebook COO Sheryl Sandberg writes, “Knowing that things could be worse should not stop us from trying to make them better.” Sandberg was referring to how women are treated far better in the Western world than in many other regions of the world; yet, she states that Western women should expect and demand better (e.g., equal pay, respect and high-ranking positions on par with men) rather than settle for less than they deserve.

Where is the line between gratitude and complacency? I find Sandberg’s quote inspirational and equally relevant to our health and fitness. Yes, it’s important to be grateful for one’s current health or fitness level, even if it’s less than optimal. We don’t need to strive to be perfect; that would be a recipe for failure. If you have a chronic health condition, it’s a good thing to focus on the positive and tell yourself, as I tell myself, “It could be worse. I’m grateful for where I’m at.” But, did you ever consider the possibility it could be better?

Are there changes you can make to your lifestyle that could contribute to improvements to your overall health despite your existing health challenges? When



GLORIA SCHWARTZ
FOCUS ON FITNESS

you begin to think in terms of the precise steps you can take to improve your health and fitness, rather than simply thinking where you’re at is good enough, you reach a tipping point and become poised for greater success. It’s an awakening, an epiphany, though you may only see it as such in hindsight after you’ve experienced improvements.

In her book, Sandberg also describes the “imposter syndrome” – the phenomenon of capable people being plagued by self-doubt. “We consistently underestimate ourselves,” writes Sandberg in reference to women in the workforce. This phenomenon pertains to people in the business world, and to anyone desiring to better herself or himself. You may be confident in some areas of your life but be plagued by self-doubt in other areas.

Even after you consciously decide you want to feel better, enjoy better health, have better mobility or simply look better, self-doubt can get in the way. For example, if you want to start developing your physical strength, you might imagine that other people in the fitness centre are watching you and thinking you look unfit, overweight or incompetent. Whatever your goal, being overly concerned with what others might think

of you can impede your progress.

Don’t worry what others think or say. Don’t allow your own insecurities to undermine your goals. Sandberg writes, “We all know people who could do so much more if only they believed in themselves. Like so many things, a lack of self-confidence can become a self-fulfilling prophecy.” If you don’t have the strategies to talk yourself through those moments of self-doubt, seek out a positive person, coach or personal trainer to guide and mentor you so you can move forward with your goals.

“There is no perfect fit when you’re looking for the next big thing to do,” writes Sandberg. “You have to take opportunities and make an opportunity fit for you.” While Sandberg is talking about careers and the corporate world, her words of wisdom are equally applicable to life and lifestyle choices. How do you decide what goal to set for yourself? Should you register for an exercise class or a race? Should you aim to lose five pounds or 50? If you happen to hear that there’s an opening on a recreational sports team or there’s a new group fitness class coming up, do you jump at the opportunity and consider it an exciting challenge, or do you tell yourself it’s beyond your abilities and dismiss it? Instead of worrying about “what’s the worst thing that can happen?” if you try something new, think of “what’s the best thing that can happen?” if you try.

When you’re open to self-improvement and able to shed some of your self-doubt, you’ll notice nuggets of wisdom – as I found in Sandberg’s book – that serve as reminders that we all deserve the best health and fitness possible.

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Saturday Shabbat Services: 10:15 am

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With Rabbi Lawrence Englander.*

Friday Sept. 28 6:15 pm. Shabbat Services

Followed by Bring your own Dinner.

Saturday Sept. 29 10:15 am Shabbat Services

Lunch and Learn: A Taste of Kabbalah.

Sunday Sept. 30 10:15 am Sukkot Services

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WHAT'S GOING ON | September 17 - October 14, 2018

FOR MORE CALENDAR LISTINGS, VISIT WWW.JEWISHOTTAWA.COM/COMMUNITY-CALENDAR

HIGH HOLIDAYS EVENTS

Yom Kippur: September 18 & 19

For holiday events, visit jewishottawa.com/highholidays

ONGOING EVENTS

Ottawa Israeli Dance

6:30 - 10 pm, starting Oct. 9 and running weekly on Tuesdays until June 25, 2019
Ottawa Jewish Community School gym
31 Nadolny Sachs Pvt.
Contact: Judy,
judy@ottawaisraelidance.ca
Cost: \$5/evening (pay at the door)
Contemporary Israeli dances. Old favourites. Great music. Exercise. All in a fun and friendly atmosphere.

Mah-Jong at KBI

1:30 - 3:30 pm Thursdays until December 27, 2018
Kehillat Beth Israel
1400 Coldrey Ave.
Contact: Deborah Zuker
rabbizuker@kehillatbethisrael.com
Cost: \$2. Beginners and experienced players welcome. Bring sets and cards if you have them.

Playgroup Plus

1 - 3 pm, every month on the last Friday until December 28, 2018
RSVP by Wednesday prior each month:
Emily Litvack, 613-617-8937
emrae.litvack@gmail.com
This monthly group will be a chance to connect with other parents who are raising Jewish babies. Hosts will rotate for these casual gatherings; each month will be different, and newcomers are always welcome!

JFS Talks: Pregnancy Journeys from Conception to Birth

7 - 8:30, every 3 weeks on Thursdays until October 18, 2018 at Jewish Family Service of Ottawa, 300-2225 Carling Ave.
Contact: Quinn Rivier-Gatt
qriviergatt@jfsottawa.com
Oct. 4: "Thinking about a doula? What you need to know." Workshop speaker: Jodi Green, MSW, MA in Jewish History, DONA Trained Birth Doula. Sponsored by Jewish Federation of Ottawa.

SATURDAY, SEPT. 22

Teen Shmooze with Cantor Green

10:30 - 11 am, Kehillat Beth Israel Congregation, 1400 Coldrey Ave.
Contact: Deborah Zuker
rabbizuker@kehillatbethisrael.com
Join us for a Shabbat morning shmooze - teens (grades 7-12) are all invited for snacks and a casual conversation with Cantor Green and other special guests!

SUNDAY, SEPT. 23

Moving Up on Sukkot!

4:30 - 5:30 pm, Kehillat Beth Israel Congregation, 1400 Coldrey Ave.
RSVP: Deborah Zuker
rabbizuker@kehillatbethisrael.com
Cost: \$ 5. KBI Kids Invites all "tot graduates" to this special drop-off program - a chance to get used to youth programs with peers and youth staff and without their parents. We'll make special Sukkot crafts and have pizza and snacks to help us get ready for the holiday.

THURSDAY, SEPT. 27

Shoah survivors and second and third generation gathering during Sukkot.

12 - 2 pm
RSVP: Sharon Rosenberg
aiyehsr@gmail.com or 613-619-5846
A luncheon for survivors and descendants. In the traditional custom of Sukkot

hospitality, the Centre for Holocaust Education and Scholarship will host its first luncheon to honour local Holocaust survivors. The gathering will provide an opportunity for survivors and members of the second and third generation to meet each other.

SJCC Ottawa Jewish Chorus Open House

1:30 - 3 pm
Contact: Roslyn Wollock
rwollock@jccottawa.com
Join Ottawa soprano Rachel Eugster and keyboard accompanist Aviva Lightstone for this exciting new ensemble dedicated to the exploration and performance of Jewish choral music (Hebrew, Yiddish, Ladino), pop, classical, contemporary, gospel and world music.

SATURDAY, SEPT. 29

Tot Shabbat - Celebrating September Birthdays!

10:30 - 11:30 am, Kehillat Beth Israel Congregation, 1400 Coldrey Ave.
Contact: Deborah Zuker
rabbizuker@kehillatbethisrael.com
Tots and their parents/adults are invited to play, pray, sing, and read stories together to celebrate Shabbat. We'll enjoy special treats to celebrate our friends who have September birthdays! All are welcome to stay for the congregational Kiddush luncheon at the end of services.

WEDNESDAY, OCT. 10

Ottawa Jewish Historical Society Annual General Meeting

7:30 - 9 pm, Kehillat Beth Israel, 1400 Coldrey Ave
Contact: Elaine Brodsky
ojhsoc@gmail.com
Cost: Free. Guest speaker is Roger Greenberg, who will discuss the Greenberg family origins and the roots of Minto. Refreshments by David Smith of Create Kosher to follow.

COMING SOON

MONDAY, OCT. 15

Torah Day School AGM

7:30 - 9:30 pm,
Contact: Tamara Scarowsky
tamara.scarowsky@gmail.com
Join us for our AGM featuring a presentation of our annual Volunteer Award, a presentation by our new vice-principal of general studies and a wine and cheese.

THURSDAY, OCT. 18

Book Talk

10:30 am - 12 pm
Contact: Roslyn Wollock
rwollock@jccottawa.com
Joey Jacobson's War - A Jewish Canadian Airman in the Second World War with Author Peter Usher. In the spring of 1940, Canada sent hundreds of highly trained volunteers to serve in Britain's Royal Air Force as it began a concerted bombing campaign against Germany. Nearly half of them were killed or captured within a year. This is the story of one of those airmen, Joey Jacobson, as told through his own letters and diaries as well as those of his family and friends.

CANDLE LIGHTING BEFORE

SEPTEMBER 18 (EREV YOM KIPPUR)	6:50
SEPTEMBER 21	6:44
SEPTEMBER 24 (1ST DAY OF SUKKOT)	7:40
SEPTEMBER 28	6:31
OCTOBER 1 (SHEMINI ATZERET)	7:27
OCTOBER 5	6:18
OCTOBER 12	6:05

BULLETIN DEADLINES

THURSDAY, SEPTEMBER 20**	FOR OCTOBER 15
WEDNESDAY, OCTOBER 10	FOR NOVEMBER 12

* Early deadline: Community-wide Issue ** Early deadline: holiday closures (all dates subject to change)

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