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OTTAWA JEWISH BULLETIN

NOVEMBER 26, 2018 | KISLEV 18, 5779

ESTABLISHED 1937

OTTAWAJEWISHBULLETIN.COM | \$2

Trudeau pledges support in fight against anti-Semitism

As he offered Canada's apology for turning away Jewish refugees on board the *MS St. Louis* in 1939, the prime minister also pledged to fight contemporary anti-Semitism. **Matthew Horwood** reports.

Prime Minister Justin Trudeau delivered an emotional apology in the House of Commons, November 7, for the Canadian government's decision not to accept a boatload of German Jews seeking refuge from Nazi persecution a few months before the start of the Second World War.

During his remarks, Trudeau also said the government was committed to fighting contemporary anti-Semitism in all its forms.

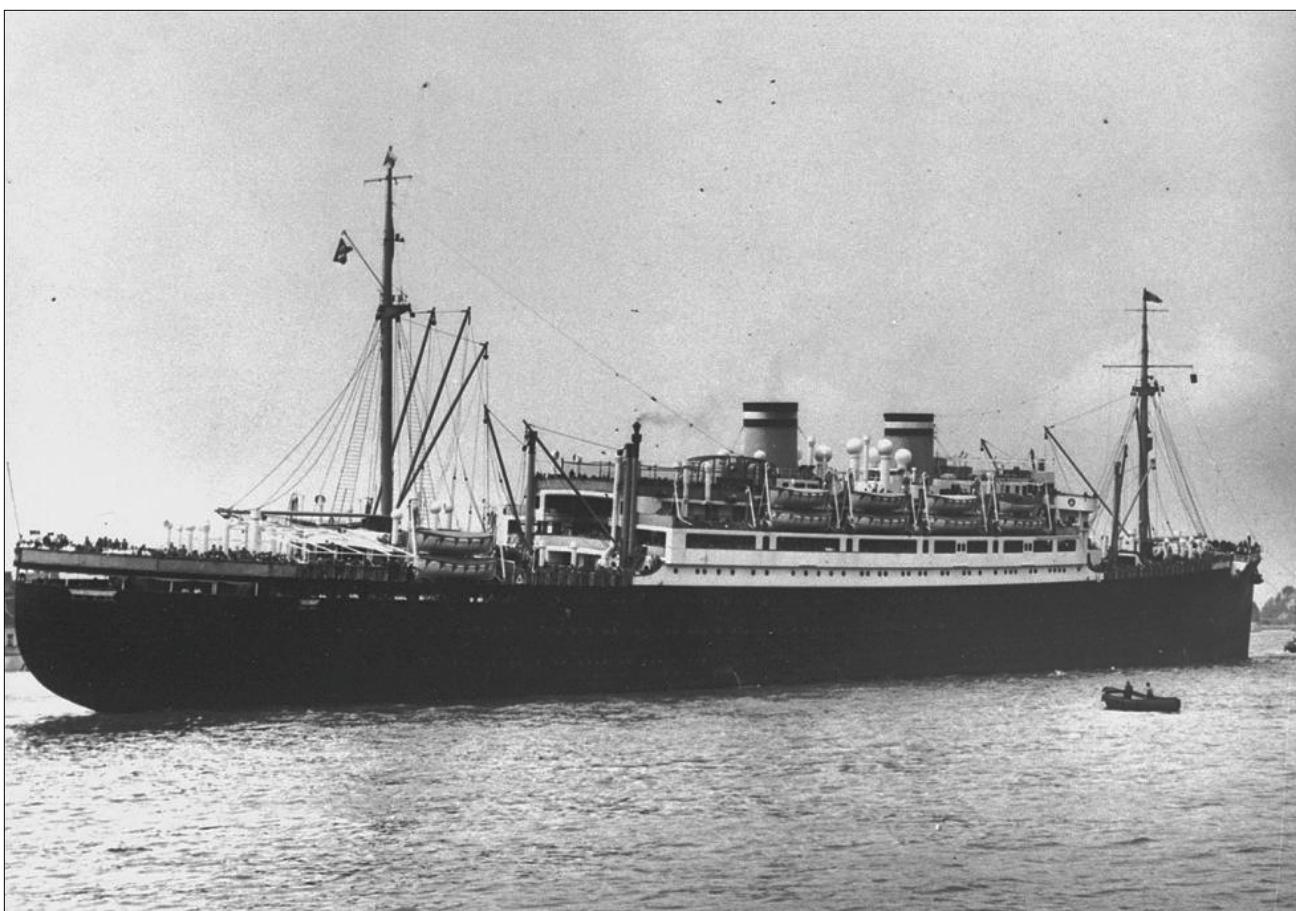
In May 1939, the *MS St. Louis*, a ship carrying 907 European Jews seeking refuge from Nazi Germany, arrived in Cuba. Despite the fact that the refugees faced imminent danger, they were denied entry to Cuba, the United States and Canada.

The ship had no choice but to return to Europe where some of the passengers were accepted by the United Kingdom, the Netherlands, France and Belgium, with the rest ending up back in Nazi Germany. Of the nearly 500 that returned to Germany, 254 were murdered in death camps during the Holocaust.

Trudeau characterized Canada's refusal to take in Jewish refugees as a test of its humanity, which the Canadian government "failed miserably."

"[Hitler] watched on as we refused their visas, ignored their letters and denied them entry. With every decree, he challenged the political courage of our leaders and the empathy of those who elected them," Trudeau said.

Trudeau acknowledged that between 1933 and



The *MS St. Louis*, carrying 907 Jewish refugees from Nazi Germany, arrives in Antwerp, Belgium after Cuba, the United States and Canada denied it landing, June 17, 1939. 254 of the passengers were murdered in Nazi death camps during the Holocaust.

1945, Canada admitted the fewest Jews – only about 5,000 – of all the allied countries, because of Canada's discriminatory 'none is too many' immigration policy. Many Jews who were allowed into Canada were labelled as prisoners of war and imprisoned alongside Nazis.

"The government of Canada was indifferent to the suffering of Jews long before the *St. Louis* ever set

See Apology on page 2



Prime Minister Justin Trudeau, speaking in the House of Commons on November 7, apologizes for Canada's refusal to admit Jewish refugees from Nazi Germany in 1939.

inside: Ottawa congregations hold Solidarity Shabbat > p. 3

Chanukah stories and columns > p. 6, 14, 19, 20, 21, 24, 27

Mike Aronson on the Soloway Jewish Community Centre > p. 6

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Apology: 'The government of Canada was indifferent to the suffering of Jews'

Continued from page 1

sail for Halifax, and long after it had returned to Europe," Trudeau said.

"We apologize to the 907 German Jews aboard the *MS St. Louis*, as well as their families. We also apologize to others who paid the price of our inaction, whom we doomed to the ultimate horror of the death camps. Finally, we apologize to the members of Canada's Jewish community whose voices were ignored and whose calls went unanswered," Trudeau said.

Trudeau said the Jewish refugees aboard the *MS St. Louis* would have made Canada stronger, but the government, "went to great lengths to ensure their appeals went nowhere and their cries for help were left unanswered, for Canada deemed them unworthy of a home and undeserving of our help."

Trudeau noted that while the country has come a long way in its attitudes towards Jews, anti-Semitism continues to be a problem in Canada.

"According to the most recent figures, 17 per cent of all hate crimes in Canada target Jewish people. Far higher per capita than any other group," he said.

Noting such manifestations of anti-Semitism as Holocaust denial, graffiti attacks on Jewish institutions, "BDS-related intimidation on college and university campuses," and attacks on the very legitimacy of the State of Israel, Trudeau said "Discrimination and violence against Jewish people in Canada and around the world continues at an alarming rate."

Trudeau said Jewish Canadians were "understandably feeling vulnerable" following the recent mass shooting at the Tree of Life Synagogue in Pittsburgh and said the federal government would strengthen the Security Infrastructure Program to better protect synagogues and other places at risk of hate-motivated crimes.

"We must guard our communities and institutions against the kinds of evils that took hold in the hearts of so many more than 70 years ago, for they did not end with the war," Trudeau said.

Leaders of the other parties represented in the House of Commons gave statements of solidarity with the govern-



Prime Minister Justin Trudeau escorts Ana Maria Gordon to the stage during a reception at the Sir John A. MacDonald Building following the apology for Canada's refusal to admit Jewish refugees on board the *MS St. Louis* in 1939. Gordon, then a child, was among the passengers.

ment's apology.

Opposition Leader Andrew Scheer said Canada should have offered sanctuary to the passengers of the *MS St. Louis*.

"There is no shame as a country in acknowledging shameful acts in our past. The real shame would be in forgetting them," he said.

Scheer also said it was a sign of a healthy society to be "able to look at history clearly and see both the light and the dark" and to celebrate achievements while also mourning past failures.

Similar statements were made by NDP House Leader Guy Caron, Bloc Québécois Interim Leader Mario Beaulieu and Green Party Leader Elizabeth May.

After delivering the apology in the House of Commons, Trudeau attended a reception at the Sir John A. Macdonald Building, where he thanked Canada's Jew-

ish community for always being one of the first groups to stand up to injustice.

"You are always there with a loud, clear voice, that if we don't stand up for each other, then we are not standing up for the values we hold dearest," he said.

Earlier in the day, Trudeau met with Ana Maria Gordon, the only surviving Canadian passenger of the *MS St. Louis*, in his office.

At the reception, Gordon said she felt "blessed" to be able to call Canada home, adding that history must never be forgotten and should serve as a lesson for future generations.

"We see time and time again how history repeats itself. It may be in different forms or places, but just like in the past, many people are being discriminated against, are starving or are running for their lives," Gordon said. "As individuals, communities and as a nation, we

must help people in every way we can, and strive to make this world a safer and better place for all."

"For many Holocaust Survivors and their families, [the] apology is a profound statement that Canada acknowledges and regrets a decision that caused so much pain and loss," said Shimon Koffler Fogel, CEO of the Centre for Israel and Jewish Affairs (CIJA), in a statement.

Fogel also praised the prime minister's commitment to expand the Security Infrastructure Program.

"This program enhances the security infrastructure of communities with a demonstrated history of being victimized by hate-motivated crime. CIJA will continue to work with the government on this important initiative and on other practical policies to combat anti-Semitism in all its forms today, including fighting online hate."

Happy Chanukah!

Jean
Councillor / Conseiller
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If I can ever be of service, please contact me at: Jean.Cloutier@ottawa.ca | 613-580-2488 | JeanCloutier.com

Ottawa congregations hold ‘Solidarity Shabbat’

BY LOUISE RACHLIS

It was a weekend of music and prayer, warmth and support, hugs and tears, as Ottawa congregations joined synagogues around the world in holding Solidarity Shabbat programs, November 2 and 3, on the Shabbat following the anti-Semitic massacre which killed 11 worshippers at Tree of Life Synagogue in Pittsburgh.

The Jewish Federation of Ottawa led the effort to mark and promote Solidarity Shabbat in the city urging each congregation to establish its own plan to mark the occasion which Federation promoted via email to the community, and on the Federation website.

At Temple Israel, there was a moving Friday evening service led by Rabbi Robert Morais.

“There were many hands and some opportune timing that led to the success of Friday night’s service,” said Rabbi Morais. “We had several members of the clergy, there were many guests from the non-Jewish community and lots of people from the Temple Israel and broader Jewish community. We had about 250 people in attendance.”

The “opportune timing” the rabbi referred to was the presence of Cantor Dave Malecki, who began his Jewish studies at Temple Israel. He is now a cantor in Cleveland, Ohio but was visiting Ottawa and helped lead the singing.

Also participating in the service were Rabbi Steven Garten, Temple Israel’s rabbi emeritus; Sue Potechin and Mark Kamins of Temple’s lay cantor corps; and Andrea Freedman, president and CEO of the Jewish Federation of Ottawa who lit candles.

Also on Friday evening, Hillel Ottawa held a Solidarity Shabbat dinner attended by 175 University of Ottawa and Carleton University students at the Happy Goat coffee shop in Sandy Hill.

Hillel Ottawa Director Dovi Chein spoke about the tragedy in Pittsburgh and read the names of the 11 murdered victims before the students observed a moment of silence and then recited Kaddish.

“After Kaddish, students began to share their feelings, thoughts, and



A man kneels to light a candle beneath a police cordon outside the Tree of Life Synagogue in Pittsburgh, Oct. 27, 2018.

BRENDAN SMIALOWSKI/AFP/GETTY IMAGES

expressed themselves,” Chein said. “Many spoke, but the room was brought to tears when a Kurdish woman, who is also on our Israel on Campus executive, got up and shared her feelings about how Jews formed a protective barrier around a mosque in Montreal after the [Quebec City mosque] shooting last year.”

Chein said it was the “most powerful Shabbat experience I have ever been a part of, and I know our students feel the same way. We will all remember this evening as a source of much needed comfort, inspiration, and unity.”

On Shabbat morning, when congregants arrived for services at Machzikei Hadas, they were warmly greeted by three imams and one of their sons who were standing outside the shul “to make it loud and clear that we are in this together,” said Rabbi Idan Scher. “We had a very warm and uplifting Solidarity

Shabbat.”

About 300 people, including many non-Jews, attended the service, including Alta Vista Ward City Councillor Jean Cloutier, Ottawa South MPP John Fraser and Ottawa South MP David McGuinty, who each spoke during the service. British Columbia MP Ed Fast also attended.

Rabbi Scher and Rabbi Reuven Bulka, rabbi emeritus of Congregation Machzikei Hadas, each spoke about the Pittsburgh tragedy and Shimon Koffler Fogel, CEO of the Centre for Israel and Jewish Affairs chanted “El Maleh Rachamim,” the prayer for the soul of the departed.

Over 500 people – including Reverend Anthony Bailey of Parkdale United Church, Father Daryold Winkler of St Basil’s Catholic Church, and Ahmed Ibrahim, president of the Ottawa Mosque, participated in Shabbat morning services at Kehillat Beth Israel (KBI).

“We came together to pray for healing for our community and to express gratitude to our first responders,” said Rabbi Eytan Kenter. “Perhaps the most inspiring moment was when all of those religious leaders joined me on the bimah for the Mourner’s Kaddish and we all held each other in support. It was an amazing moment.”

Ottawa Mayor Jim Watson was scheduled to speak at KBI but took ill and was forced to leave. However, he gave his remarks of solidarity to Jewish Federation of Ottawa President and CEO Andrea Freedman, who read them to the congregation.

Rabbi Howard Finkelstein said approximately 200 people participated in the Solidarity Shabbat morning service at Congregation Beit Tikvah, including Ontario Minister of Children, Community and Social Services Lisa MacLeod

See Solidarity on page 8



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Dr. Kahente Horn-Miller (Kaniienkehaka-Mohawk) is an Assistant Professor in the School of Indigenous and Canadian Studies and Co-Director of the Centre for Indigenous Research, Language and Education at Carleton University.

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Raffi Meyer-Wertman enjoying his summer at Camp Geshher.

Student raises money for Israel trip after winning battle with brain tumours

BY MATTHEW HORWOOD

With his path to recovery for his two malignant brain tumours finally nearing its end, Nepean High School Grade 12 student Raffi Meyer-Wertman is looking forward to attending Habonim Dror's Workshop, a nine-month gap-year program in Israel for high school graduates.

After months of treatments for his germinoma, including brain surgery, chemotherapy, radiation and other forms of alternative treatments, Raffi says he is finally starting to feel "human" again.

"I got all my radiation and chemotherapy done, I have fewer appointments, and I am almost back to my normal high school life," he said.

Raffi first became aware something was wrong when started noticing he was constantly thirsty – no matter how much water he drank. "I was drinking nearly 20 litres a day by the time I started to think it was weird," he said.

After hospital tests, Raffi was diagnosed with diabetes insipidus – a rare disorder which affects water metabolism and prevents the body from effectively conserving water – stemming from a brain tumour located within his pituitary gland. A second MRI revealed a larger brain tumour within the third ventricle of his brain.

After his diagnoses, Raffi said, his life became "appointments almost every day and a whirlwind of medical stuff," as well as feelings of shock and fear.

To treat his brain tumours, Raffi first underwent 12 treatments of chemotherapy. After completing three-quarters of his treatments, his tumours had been reduced in size by nearly 50 per cent.

The second part of his treatments involved 13 sessions of radiation therapy. Raffi also began taking supplements, such as vitamin C, which, he said, gave him "a lot of energy so I was still able

to go to school during my chemotherapy," and pills for his diabetes insipidus, which give him the synthetic version of the hormone he needs.

Meyer-Wertman has attended Camp Geshher, a Habonim Dror summer camp in Cloyne, Ontario, since 2010, and this past summer was no exception.

"I fought really hard against my doctor's advice not to go. I didn't want to miss camp – as it is my favourite place in the world," he said.

Raffi says his camp experiences have given him "a heightened connection" to his Jewish identity and increased his sense of spirituality which has led to his dream of travelling to Israel next September to participate in Workshop during his gap-year.

The Workshop website describes the program as an "immersive Israeli experience, living and working on a Kibbutz as well as learning and growing with your group using many different forms of informal education."

Raffi says Workshop will give him, "the tools that I need to explore myself on a deeper level," and will also be a "personal celebration of my battle and the overall winning of my life's biggest challenge."

Due to expenses associated with his treatments over the past year, Raffi's family is unable to afford the trip. To help pay for it, they have started a GoFundMe campaign, which has raised about two-thirds of the \$15,000 goal to date.

Raffi says the donations have been "completely overwhelming," as has the support from his friends, family and the Jewish community.

"The GoFundMe gave them another opportunity to give their love and support, and I am shocked and very grateful for all the money that has been raised," he said.

Visit <https://www.gofundme.com/celebrating-life-in-israel> for more information.



We cannot be guided by passivity, says Holocaust Education Month speaker

BY LOUISE RACHLIS

For Professor Amos Guiora, “the act of not acting is a crime of omission” – both during the Holocaust and in the present day.

“In a horrible, horrible, way, something like Pittsburgh re-enforces the requirement that we be vigilant about the tenor of speech, and not ignore the consequences of speech,” he said in an interview with the Ottawa Jewish Bulletin from Utah. “Pittsburgh doesn’t happen out of the clear blue sky. I would hope that this tragedy reinforces the requirement that we don’t allow ourselves to be guided by passivity. It’s easy to be passive, a pain in the ass to be active.”

A child of Holocaust survivors, Guiora is an Israeli-American professor of law at the University of Utah and lieutenant-colonel (ret.) in the Israel Defense Forces. He is actively involved in bystander legislation efforts in Utah and other states.

Amos Guiora will be speaking on Wednesday, November 28, 7 pm, at the Soloway Jewish Community Centre in a Holocaust Education Month event presented by the Shoah Committee of the Jewish Federation of Ottawa.

The author of *The Crime of Complicity: The Bystander in the Holocaust*, he will discuss his personal and legal perspectives on bystander-victim relationships, focusing first on the Holocaust and then exploring cases of sexual assault in contemporary society.

“I view complicity as a legal question,” he said. “For me the bystander who sees another person in peril, and decides not to provide assistance, is a criminal. The assistance the legislation would call for is to call 911. The act of not acting is a crime of omission.”

In Utah, a bill has been introduced that would impose the obligation on the bystander who is physically present and capable, and seeing a person in peril, to dial 911, he said. “Failure to do so would become a crime.”

It was fortuitous that his dedication to this topic came about later in his career.

“I never intended to write this book or address the Holocaust at all,” he said. “All of my writings over the years have been about national security.”

He has published extensively on issues related to national security, limits of interrogation, religion and terrorism, the limits of power, multiculturalism and human rights. As well as *The Crime of Complicity: The Bystander in the Holocaust*, he is the author of *Freedom from Religion: Rights and National Security*, *Tolerating*

Intolerance: The Price of Protecting Extremism and, most recently, *Earl Warren, Ernesto Miranda and Terrorism*.

Six years ago, while training for the Salt Lake City Marathon, Guiora’s running partner, who was not Jewish, asked him how the Holocaust happened.

“Even though I’m the only son of Holocaust survivors, it was never discussed while I was growing up,” he said, “and I was abysmally ignorant. At the age of 55, it was time to look at my parents’ experiences and to read a lot about the Holocaust. And the more I read, the more I saw a largely unaddressed issue. ... I decided for me this is what I want to look at, the bystander.”

From his research, he recommends two books on the bystander and the Holocaust – Raul Hilberg’s *The Destruction of the European Jews* and *Bystanders Conscience and Complicity During the Holocaust* by Victoria J. Barnett – pointing out that neither book addresses the bystander from a legal perspective.

In his own book, Guiora examines the bystander during three events - death marches, the German occupation of Holland, and the German occupation of Hungary, explaining that while the Third Reich created policy, its implementation was dependent on bystander non-intervention.

“My parents disagree with me that the notion of legal culpability should be imposed,” he said. “However, I’m a firm believer that part of the legislative effort is an educational effort as well. I do a lot of speaking to junior high school students, high school students, and elementary school teachers planning curriculum... But as important as an educational effort is, this does not minimize the importance of bystander legislation. It’s a double effort.”

Admission to Guiora’s lecture is free of charge. For more information, contact Lindsay Gottheil at lgottheil@jewishottawa.com or 613-798-4696, ext. 355.



Amos Guiora will discuss the role of the bystander in the Holocaust and in contemporary sexual assaults at a Holocaust Education Month event, November 28, at the SJCC.

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FEDERATION
REPORT



MIKE ARONSON
SOLOWAY JEWISH
COMMUNITY CENTRE

A true 'centre' for the community

formidable array of educational programs such as the Florence Melton School. Most days the SJCC is open from 6 am to 10 pm, where you'll see early fitness enthusiasts and Ganon preschoolers, as well as people attending aqua-fit and fitness programs, the Greenberg Families Library, afterschool programs for Ottawa Jewish Community School students, and evening classes and lectures. Our building is home to the Jewish Federation of Ottawa, the Ottawa Jewish Bulletin, and other Jewish community organizations, and the major centre for community-wide events.

This has been a year of innovation and accomplishments for the SJCC. I am proud of what our professional staff, volunteers, and our board have achieved. Their dedication, commitment and professionalism, have resulted in measurable success:

- We grew our membership in both numbers and revenue for the first time in several years, in part by introducing new membership options such as the Cultural Membership, which reduces costs for those who participate in our myriad cultural and educational programs, and the FitPass,

which provides an opportunity to experience our facility without a year-long commitment;

- Our premier fundraising event, the Ottawa Celebrity Sports Dinner, was a success;
- We hosted community-wide events like Yom Ha'Atzmaut, which brought over 800 people to the SJCC to celebrate the 70th anniversary of the State of Israel;
- We finalized our Strategic Plan objectives that support our vision: "To be the multigenerational hub of Jewish life in Ottawa and a leading community centre for those who wish to join and participate." We will implement this plan by responding to the demographics and interests of our members, by continuing to nurture Jewish culture and identity, by promoting membership, and continued financial stewardship.

And, we accomplished all of this within our budget, while undertaking necessary capital improvements.

However, even with regular capital investments, after 20 years of constant use the building is showing its age.

Parts of the physical plant are nearing the end of their natural life cycle. The facility needs an upgrade to support both current and future, activities and services that bring the Jewish community through our doors. The wear on our building is a sign of how many people use our centre. Unfortunately, the investments required are beyond the scope of our annual budget.

With that in mind, I am pleased to announce the launch of our Capital Campaign, fully supported by the SJCC Board, and led by former board chair, and committed community volunteer, Bob Wener. Our goal is to raise \$5,000,000 to refresh the building, initiate essential repairs to our infrastructure, renovate the change rooms, and develop a welcoming lobby area with a secure and efficient entry system. We hope to start renovations in the fall of 2019.

While our dedicated staff works continually to deliver new programs and services that respond to the needs of our community, our ultimate goal is to strengthen a true "centre" for the community, now and into the future. Please join us as we start our journey for the next 20 years.

This past September marked 20 years since the opening of the new Soloway Jewish Community Centre (SJCC) in the Joseph and Rose Ages Family Building on the Jewish Community Campus. It's hard to believe that it has been that long since the move from Chapel Street.

The SJCC is a flexible and multi-use facility. It is a hub for athletics, Jewish preschool, summer camp, swimming lessons, therapeutic classes, seniors' activities, Ottawa's only kosher café, and a

FROM THE
PULPIT



RABBI ELIZABETH BOLTON
OR HANESHAMAH

Sharing the patio, Chanukah and year-round

then I would sit down at the piano to accompany Christmas carols, to the surprised delight of Carolyn's guests.

It was particularly sweet to witness her blossoming relationship with my daughter. During a Passover week one year, Carolyn invited her on some errands. Since she would normally bring her to a café, or pick up a snack, I reminded her that the range of options would be limited to fruit.

When they returned, I learned that the errands had included a visit to a candy shop, where Carolyn had to pick up some jelly beans for Easter festivities at her workplace. Nonplussed, my young daughter turned down the storekeeper's offer of a candy, saying that she was Jewish. But her next phrase was the surprising one. She went on to explain to the bemused shopkeeper that Carolyn – was Christian *and* Jewish!

She certainly could have been right. My now-grown children have friends who are Christian and Jewish by heritage. But my four-year-old was intuiting something else. She could observe Carolyn comfortably joining in our Chanukah candle lighting while knowing that Carolyn and her family observed Christmas. She could also sense her godmother's spirit – open and seeking, comfortably witnessing Jewish blessing moments while rooted in a

very different set of experiences.

Not every Jewish-Christian or other cross-faith relationship is a comfortable one. The memories and legacies of destructive historical encounters linger in our daily lives, and contemporary versions of their hateful expressions are certainly not absent from our communities and our news feeds. The weight of this legacy can feel overwhelming. And then, there are our neighbours, circling our shuls, joining us for Chanukah.

Earlier this month, My teacher and president of the Reconstructionist Rabbinical College when I was a student, Rabbi Arthur Green, wrote: "We have seen, and need to acknowledge, the many thousands of genuinely caring friends and neighbours, including political leaders, who have come out in what feels like genuine support and empathy... we have a vital need to engage in positive dialogue with members of the [Christian] majority religious culture, as well as other minorities, especially Muslims." <https://tinyurl.com/yd75ntgu>

Interfaith encounters are embedded in our peoples' story, sometimes unsettling, sometimes celebratory. As possible encounters with each other's faith calendars present themselves throughout the year, let us keep the patio doors wide open.

OTTAWA JEWISH BULLETIN

VOLUME 83 | ISSUE 4

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

As I write this column – on November 16 – Israel's coalition government headed by Prime Minister Benjamin Netanyahu, leader of the Likud party, appears to be on the verge of collapse.

The latest crisis for the coalition began on November 14 when defence minister Avigdor Liberman, leader of the Yisrael Beiteinu party, resigned his post in protest over the cabinet's decision to accept a ceasefire with the terrorist groups in the Gaza Strip after a round of fighting that saw close to 500 rockets fired at southern Israel in a 25-hour period.

The fighting saw one Israeli military officer – identified only as Lt.-Col. M. – killed during an Israel Defense Forces raid into Gaza. Ironically, the only civilian killed in Israel was Mahmoud Abu Asbah, a Palestinian from the West Bank who was in Ashkelon with a permit to work in Israel. However, there

Is a sea change imminent in Israeli politics?

was significant damage and numerous injuries – some of them serious – to Israelis from the rockets.

Many residents in Israel's south objected to the ceasefire, but Netanyahu defended it.

"At these moments, leadership is not to do the easy thing; leadership is to do the right thing, even if it is difficult. Leadership is sometimes facing criticism when you know confidential and sensitive information that you cannot share with the citizens of Israel, and in this case with the residents of the south, whom I love and appreciate greatly," said the prime minister, who assumed the role of defence minister himself.

Netanyahu also serves as Israel's foreign minister – so one person now holds a monopoly on three of the most important and demanding positions in Israel's government.

Liberman was one of four cabinet ministers who opposed the ceasefire. The others were Justice Minister Ayelet Shaked of the Jewish Home party, Education Minister Naftali Bennett, leader of Jewish Home, and Environmental Protection Minister Zeev Elkin of Likud.

As he resigned from cabinet, Liberman pulled Yisrael Beiteinu's five Knesset members from the coalition leaving Netanyahu with a slim 61-seat majority.

After the resignation, Bennett demanded he be appointed defence minister and reportedly threatened to pull Jewish Home's eight Knesset seats from the coalition if the demand was not met. That would leave the coalition in minority status with just 53 seats.

As I write, I've just seen reports that Netanyahu concluded a meeting with Bennett and rejected his demand for the defence ministry.

While that would seem to set the stage for a collapse of the coalition, Netanyahu's office released a statement saying he "has confidence in the sense of responsibility of cabinet ministers not to make the historic error of toppling a right-wing government."

But that remains to be seen. Israeli coalitions are usually fractious and often fall before the end of a four-year mandate. Even before the Netanyahu-Bennett meeting, Justice Minister Shaked, also of Jewish Home, said, "This week will decide whether we're headed to elections or whether the cabinet will continue until November 2019," presumably in reference to Bennett's demand for the defence portfolio.

There are also reports that Finance Minister Moshe Kahlon, leader of the Kulanu party which holds 10 seats, and Interior Minister Aryeh Deri, leader of

the Shas party which holds seven seats, are calling for new elections – although neither, at least so far, has threatened to quit the coalition.

So, as I mentioned in my opening paragraph, Netanyahu's coalition appears to be on the verge of collapse. By the time you read this column, we might well know whether early elections will be called in Israel. If not by then, then probably soon after.

And complicating the scenario are three corruption investigations into Netanyahu recently completed by Israeli police. We do know that police have recommended that he be indicted in at least two of the cases. News reports last month suggested Attorney General Avichai Mandelblit was likely to decide on whether to proceed with indictments in the first four months of 2019.

The Israeli public opinion polls I saw about a month ago indicated Likud was on track to win the most Knesset seats in the next election. But that was before the latest Gaza skirmishes and the ceasefire that seems to be leading toward the coalition's collapse – and before Netanyahu's possible indictment on corruption charges.

Will the coming months bring a sea change to Israeli politics and government? Stay tuned!

IDEAS AND IMPRESSIONS



JASON MOSCOVITZ

Anything can happen at any time

emanates from Muslim terrorists, white supremacists, neo-Nazis, or just plain anti-Semites. There is no shortage of people, organizations and movements in the world who hate Jews and the State of Israel, and recent events and social media tell us that in many places the intensity of that hatred is on the rise.

So while Jews in many counties need soldiers and police with machine guns and armoured vehicles to protect them and their synagogues, schools and community centres, the question is how does that fit a North American context where the threat is not considered nearly as grave?

Regular shul-goers in Ottawa know on Shabbat, other than a few minor adjustments, there has been no security to speak of – just as there was nothing significant in place at Tree of Life. For High Holy Day services, when City of Ottawa police officers are present, it may be somewhat reassuring to see them, but the reality is those few, significantly under-armed officers would be hard pressed to defend against a well-organized and executed machine gun assault.

It is a classic catch-22. Unless and until there are systematic and devastat-

ing attacks on Jews praying in a Canadian synagogue, why would anyone think it prudent or necessary to ring the perimeters of our places of worship with armed soldiers and military vehicles as they do in some countries?

While a security assessment would point to not taking the big guns out 24/7, the fact remains that in this sick world, anything can happen at any time, and in any place, perpetrated by any number of people for any number of causes. It was just under two years ago when young man stormed into a mosque in Quebec City with a semi-automatic rifle killing six and wounding 19. As a hateful act, it was not much different than the massacre in Pittsburgh and it serves to prove how Canada is not immune.

Like the attack in Quebec City, in relatively short order, the attack in Pittsburgh will be considered a one-off. People will say it was one deranged individual, this time an anti-Semite with no backing, no network and no terrorist footprint. The fear is equating 11 dead Jews and the injured to a bus accident, like some bad thing that happened to innocent people.

The dilemma is that a lone wolf

anti-Semite with a machine gun can do as much damage as a terrorist cell. And it is likely even harder to defend against the individual hatemonger who believes "all the Jews must die."

Since 9/11, security has become an enormous expense and a way of life that impacts us all. While it is hard to imagine where we would be without that new security regime, we know it isn't a perfect science, and that it never can be. Go into the subway system in Montreal, Toronto, New York, or anywhere else, and see how many people have backpacks that are not systematically searched. It only takes one to be carrying a bomb.

How many lone wolf attacks on North American synagogues will it take before authorities deem it necessary to augment security around Jewish sites in a systematic way to duplicate what's being done in some other countries. It is a question that is painful to contemplate and the hope, of course, is that we never have to.

At a minimum, though, what happened in Pittsburgh needs to be a stark wake-up call that North American Jews are not immune to deadly horror and hate.

As we continue thinking of the 11 poor souls who lost their lives in the massacre at Tree of Life Synagogue in Pittsburgh, we continue wondering how to best protect ourselves and our loved ones. It is a problem to which there may not be a solution, certainly not in a North American context.

In many European, South American and Scandinavian countries, there is heavy military and police protection guarding synagogues, as well as Jewish schools and community centres, around the clock.

The protection is constant because the threat to Jews is constant, whether it

Solidarity Shabbat

Continued from page 3

and Reverend Andrew Jensen of Knox United Church.”

During the service, Rabbi Finkelstein spoke about the tragedy in Pittsburgh, and about “the strong message of solidarity” he has received from many members of the non-Jewish community, from ordinary citizens of all faiths and from the Ottawa Presbytery.

“Psalms and prayers were recited by the congregation. I also emphasized the strong communal support of our own Jewish community here in Ottawa and elsewhere,” said Rabbi Finkelstein.

More than 100 people participated in the Shabbat morning service at Ottawa Torah Centre Chabad, said Rabbi Menachem Blum.

“Among the participants were our non-Jewish neighbours who came out to stand side by side with us during these difficult times. Inspirational words were shared during the Kiddush. It is really heartwarming to see the outpouring of support and love that our neighbours expressed,” said Rabbi Blum.

Rabbi Chaim Mendelsohn of Chabad of Centrepoinette said the Shabbat morning service drew “a large crowd, nearly double our regular attendance.”

Rabbi Mendelsohn noted the participation of Ottawa West-Nepean MP Anita Vandenberg, Ottawa West-Nepean MPP Jeremy Roberts, and College Ward City Councillor Rick Chiarelli who “all spoke very movingly.”

“Or Haneshamah was blessed with a robust number of guests, including several clergy and Ottawa Centre MPP Joel Harden,” said Rabbi Elizabeth Bolton.

“Our host community, the First Unitarian Congregation of Ottawa, where we hold our services, came out in such force that ... we relocated from the social hall into the main sanctuary – where we usually only meet for bnei mitzvot and High Holy Day services – to accommodate all of our guests.”

Or Haneshamah member Tomas Grana offered “a

poignant and heartfelt reflection that moved many to tears,” Rabbi Bolton said. As well, Mark Dermer and Sarah Waisvisz participated as service leaders, and Howard Kaplan accompanied several special musical selections on guitar.

“This event has shaken us,” said Sylvia Greenspoon of the lay-led Adath Shalom, which held a Solidarity Shabbat morning service. “Two of our members have ties to Pittsburgh. One of us held a baby-naming at Tree of Life synagogue over 40 years ago. The other has family who pray in a synagogue in Squirrel Hill every Shabbat.”

“It could have happened anywhere,” said Greenspoon, “and it is difficult to comprehend this level of hatred and anti-Semitism. We have been very fortunate to live and grow in Ottawa where there have been relatively few hate crimes.”

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A PLACE OF BELONGING

In the aftermath of the horrific massacre at the Tree of Life Synagogue in Pittsburgh, and after attending an emotional Solidarity Shabbat with Pittsburgh, I would like to share a few personal thoughts which struck me directly when I read about the victims of this terrible tragedy. The situation in Pittsburgh could have happened anywhere in the world and gives us all a rude awakening. Like all Jews, this incident was truly devastating, but at the same time this hit particularly close to home.

Cecil and David Rosenthal, 59 and 54 years of age, had developmental disabilities and lived semi-independently, and the Tree of Life Synagogue was an important part of their lives. Similarly, my husband and I are parents of a son in his 50s with developmental disabilities living in a Tamir home, who is also a regular attendee with several of his peers on Shabbat mornings at Kehillat Beth Israel. The Tamir residents are warmly welcomed to the shul every week, are embraced by the congregation, and play a central part in the services. They look forward to the honours bestowed on them every Shabbat, including carrying the Torah crown in the Torah procession, closing the

doors of the Ark at the end of the service, and joining the cantor in the recitation of the Kiddush. The regulars know them well and the congregation welcomes their participation and shares in their love of Judaism.

The shul has brought such joy and nachas to Tamir families, with residents having celebrated bar and bat mitzvahs, holidays, and many other events that have allowed them to learn about and partake in their Jewish heritage at their level of understanding. The Tamir residents consider the shul to be a safe haven and warm place of belonging – almost a second home.

So as we heard of the stories of the Rosenthal brothers and their special place in the hearts of the Tree of Life Synagogue, we could not help but be reminded of how appreciative we are to the Ottawa Jewish community who open their loving hearts to our Tamir residents giving them a strong sense of belonging and pride in their Jewishness. The warm embrace of the Ottawa Jewish community is truly special and is not taken for granted.

Our hearts and prayers go out to the families of the victims in Pittsburgh.

Lily Penso



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Torah Day School and Ottawa Kosher Foodies plan a tasty night out

BY SARA-LYNNE LEVINE
TORAH DAY SCHOOL OF OTTAWA

Introducing Bids & Bites, a new, exciting event to be held on Sunday, December 16, 7 pm, in support of Torah Day School of Ottawa (TDSO), in partnership with the Ottawa Kosher Foodies (OKF) Facebook group.

The event will be held at the Glebe Community Centre, 175 Third Avenue, and is being chaired by TDSO parent and OKF founder Aviva Rotenberg. Tickets are \$36 and all community members and foodies are invited.

“We wanted to combine people’s love of kosher food and the Ottawa Jewish community with our desire to support Torah Day School. It’s a great match,” said Rotenberg. “The event will offer a fun night out with great food, friends and the chance to win amazing prizes and experiences.”

The focus this year is on experiences and we have some new adventures and opportunities up for bid including: a trip for two to Israel; a VIP tour and carriage ride at the RCMP stables; a police escort for your child(ren) to school in a police cruiser; a head-to-

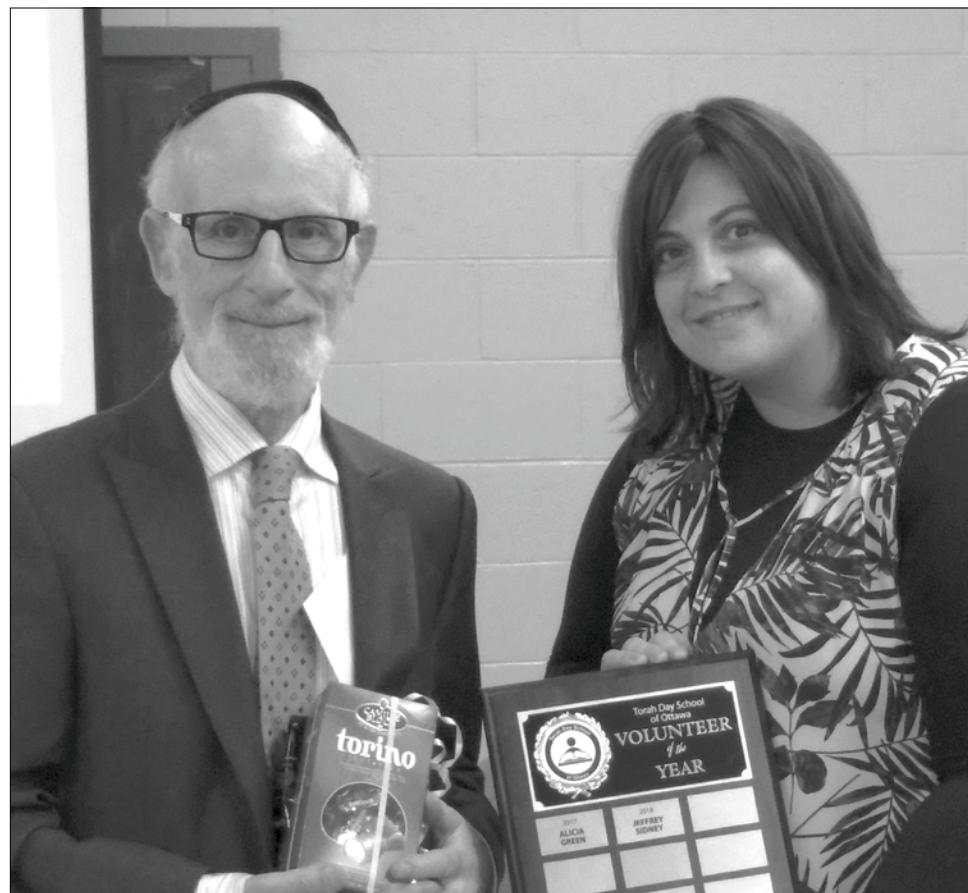
toe makeover; a private tour of Bell Media with Stuntman Stu; and family sleepover at the Canadian Museum of Nature.

Whether you’re a wine lover, coffee drinker, sports enthusiast, or adventure seeker, there are exciting prize bundles for you to win. There are also tons of prizes that will appeal to families with kids, including passes to FunHaven and Little Ray’s Reptiles, toys and electronics.

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Tickets can be purchased by online at www.bidsandbites.ca or by phone at 613-274-0110.

If you are unable to attend the event but still want to win some of the fabulous prizes, you can still participate by visiting www.bidsandbites.ca.



Jeffrey Sidney receives the TDSO Volunteer of the Year Award from Torah Day School of Ottawa Board member Tamara Scarowsky, October 15, at the school’s annual general meeting.



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A girl's doll is a poignant reminder of the horrors of Kristallnacht

BY HILLEL KUTTLER

JERUSALEM (JTA) – For decades as an adult, Lore Mayerfeld kept a doll on a chair in an off-limits bedroom or high on a shelf. Her children – and later her grandchildren and great-grandchildren – knew not to play with the toy for fear of breaking it.

Dressed in off-white pajamas adorned with colourful bunnies and chicks, the doll named Inge represents more than a sentimental item from Mayerfeld's childhood in Kassel, Germany.

It is her direct link to Kristallnacht, the fearful night in November 1938 that would exile Mayerfeld and her parents, Markus and Kaetchen Stern, to the United States. Mayerfeld, then one-and-a-half and wearing those two-piece pajamas, took her blonde-haired, blue-eyed doll into hiding.

The doll had been given to Lore by a grandparent, although she's not sure which one.

Now 81 and living in Israel, Mayerfeld donated the doll and pajamas earlier this year to Yad Vashem, Israel's national institution commemorating the Holocaust.

The items constitute part of an online exhibition – <https://tinyurl.com/y8ebvu4p> – that opened this month on the eve of the on the eve of the 80th anniversary of Kristallnacht, the Nazi-instigated pogrom in Germany and Austria in which 91 Jews were killed, 30,000 Jews arrested, 1,400 synagogues set on fire, and countless homes and businesses vandalized.

Titled "It Came from Within," the exhibition displays donated items, each from a survivor of Kristallnacht. They "are a way to tell the story through those personal artifacts," Yad Vashem curator Yona Kobo said. "It's more powerful, more intense and touches us more."

Mayerfeld's gift includes her parents' wedding photograph and several letters sent by her father from New York during the Second World War to non-Jewish friends in Zimmersrode, his hometown, inquiring about his relatives. She now retains only a few bowls and gravy boats from the Sterns' life in Germany.

Her decision to donate the items fol-



This doll is Lore Mayerfeld's direct link to the events of Kristallnacht.

lowed a group telephone consultation with her three children, all of whom also live in Israel. Yad Vashem researchers interviewing Mayerfeld last winter solicited the donation after hearing of the doll.

"I just felt it had more meaning to Yad Vashem," said Mayerfeld. "People from all over the world will look at it and say it came from Germany and had all this meaning."

As a girl in New York, Mayerfeld kept Inge in a doll carriage someone gave her. Inge was the sibling that Mayerfeld never had; Markus and Kaetchen explained once that they didn't have more children because they married late and were apart when Markus was sent to the Buchenwald concentration camp, and again when he moved to America ahead of them and struggled in their new country. When Inge's arm and leg were damaged, her parents had repairs made at a neighbourhood shop.

Mayerfeld said that history made her decision to part with Inge difficult.

"But I felt it was the right time," she said. "I don't think I'd have given her to Yad Vashem 20 years ago."

Her son Mark said that his mother



Lore Mayerfeld of Jerusalem holds a gravy boat that her late father brought from Kassel, Germany, to America in 1938.

initially wanted to pass the doll to her children.

"We said we thought it'd be more meaningful if people could see it and understand what it meant to you," he said. "It's very important for our people to keep the message and understanding alive."

Mark Mayerfeld said he understood much about his parents' wartime experiences – his late father, Henry, was a Worms native – from watching the

museum's interview with Lore.

"While my mother didn't go through the concentration camps, the whole experience of Kristallnacht had a major effect on her life," he said. "It was traumatic. The fact she was able to speak about it in such detail – I was actually proud of her."

Lore Mayerfeld told JTA that her mother had learned from a neighbour of the impending pogrom. Kaetchen and Lore hid in a non-Jewish family's home for a night or two, then went to live with Kaetchen's mother in Borchon. Markus was arrested and sent to Buchenwald, then freed after six weeks because he held an American visa. He was deported immediately, settling in New York City, where two of his siblings had moved several years earlier, and working as a salesman. He secured visas for his wife and daughter.

Mayerfeld said that she and her mother took a train to Paris, where a conductor gave her a chocolate bar, and on to Portugal to catch a boat that reached New York in early September 1941.

The five Sterns were the only members of either family not murdered in the Holocaust. Nothing was learned of the fate of Markus' younger sister, Sarah. Everyone else was killed in Auschwitz and Theresienstadt.

About 20 years ago, Lore and Henry visited Germany for the only time. Lore could not find her apartment in Kassel. In other towns, they visited relatives' graves and former homes. In Borchon, a woman pointed out where the synagogue Kaetchen attended once stood. It was destroyed on Kristallnacht.

In recent years, Mayerfeld has told her family more about the family's life in Germany. Much of the information came from her parents, since she remembers little. Some of Mayerfeld's 18 great-grandchildren were the age she was during Kristallnacht.

Mayerfeld hopes that seeing Inge displayed at the museum will spark their interest.

"In the years down the line," she said, "my great-grandchildren can look at it and say 'It's special.'"

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Meritorious Service Medals – Governor General Julie Payette (centre) presented Meritorious Service Medals to Dan Greenberg (left) and Barbara Crook on November 5 at Rideau Hall.

The citation says, “Barbara Crook and Dan Greenberg are a philanthropic power couple in the Ottawa region. Through their Danbe Foundation, they have given generously to cancer research and care, mental health services, the arts and many other charitable causes, large and small. As community leaders who devote their time to various committees and deliver numerous keynote speeches, they have inspired a spirit of giving in the National Capital Region and beyond.”



PETER WAISER

Holocaust Education Month launch – (From left) Former justice minister Irwin Cotler, Centre for Holocaust Education and Scholarship Director Mina Cohn and keynote speaker Michael Berenbaum at the launch event for Holocaust Education Month in Ottawa, November 7, at Kehillat Beth Israel.



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Temple Israel launches relationship building programs with Indigenous peoples

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This Chanukah, Temple Israel will hold the first in a series of programs of relationship building and mutual learning with Ottawa-area Indigenous peoples.

Kahente Horn-Miller will perform “Sky Woman: We are in Her, She is in Us” on Tuesday, December 4, 7 pm. The program, on the third night of Chanukah, will include reflections from Rabbi Robert Morais on how Chanukah is an appropriate occasion to launch this initiative, a ceremonial opening by an Indigenous elder, and refreshments. All members of the community are welcome to attend. There is no charge (donations are welcome), however regis-

tration is required. Contact Cathy Loves at Temple Israel at 613-224-1802 or reception@templeisraelottawa.com to register.

On Yom Kippur, Rabbi Morais told our congregation that the holiday is a perfect time for us to embrace the messages of the Truth and Reconciliation Commission, in particular Recommendation #49 which calls for “all religious denominations and faith groups who have not already done so to repudiate concepts used to justify European sovereignty over Indigenous lands and peoples, such as the Doctrine of Discovery and terra nullius.”

Temple Israel has formed a Task Force on Truth and Reconciliation to reflect on and respond to the Commission recommendations, to learn more

about First Nations histories and cultures, and to build, in an ongoing and open-ended manner, community with Ottawa-area Indigenous peoples.

The Task Force is planning a series of programs and encounters beginning with the event on December 4. Drawing connections with Jewish life will be an important component of each event, as will involving students at Temple Israel Religious School in appropriate activities.

The Task Force is honoured to work with Kahente Horn-Miller (Kanien:keha’ka/Mohawk), co-director of the Centre for Indigenous Research, Language and Education at Carleton University, who has been providing excellent advice to us.



Kahente Horn-Miller will perform “Sky Woman: We are in Her, She is in Us,” December 4, at Temple Israel.

Musica Ebraica, Tamir and KBI choirs to present Chanukah concert

BY MINDA WERSHOF,
MUSICA EBRAICA

An old Chanukah song says “Let the darkness be banished!”

What better way to bring light into the darkness than a Chanukah concert featuring not one, but three choirs. Musica Ebraica, along with the Kehillat Beth Israel Choir and the Tamir Neshama Choir will sing Chanukah songs on Sunday, December 2, 7 pm, at Kehillat Beth Israel, 1400 Coldrey Avenue.

Join us as Cantor Jason Green lights the first candle, and then sit back and relax as the three choirs bring their own styles and selections to the stage.

Musica Ebraica, under the baton of conductor Saideh Rajabzadeh, will sing a variety of melodies ranging from a 17th century version of “Maoz Tzur,” to the modern Israeli song, “Tree with the Hollow Heart.”

Music familiar and new will be the theme of the



Musica Ebraica’s Chanukah repertoire includes a version of “Maoz Tzur” from the 17th century.

evening. Light refreshments will be served after the concert.

Tickets are \$15 at the door or by contacting Musica Ebraica at tickets@musicaebraica.ca or 613-224-7073.



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Chanukah Kid Lit

Dreidels, menorahs and Chanukah hiccups

BY PENNY SCHWARTZ

(JTA) – Here are a few of the new outstanding and engaging children’s books for Chanukah.



How It's Made: Hanukkah Menorah
By Allison Ofanansky
Photographs by Eliyahu Alpern
Apples & Honey Press, 32 pages
Ages 7-12

Family members of all ages will gather round this engaging book, which shines a light on all things menorah. Ofanansky’s text, brought to life by Alpern’s vibrant photographs, explain the holiday and explore the many types of menorahs – from antiques to creative whimsical versions. Kids go behind the scenes with menorah-making artists.

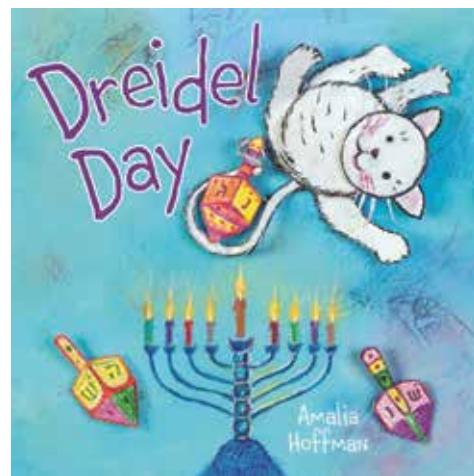
A fun fact reveals that one Israeli bakery fries and bakes 2,000 doughnuts for each day of Chanukah. Gifts, songs and blessings in Hebrew, English and transliterated from Hebrew are also included along with instructions for making candles and latkes.



My Family Celebrates Hanukkah
By Lisa Bullard
Illustrated by Constanza Basaluzzo
Lerner Publications, 24 pages
Ages 4-8

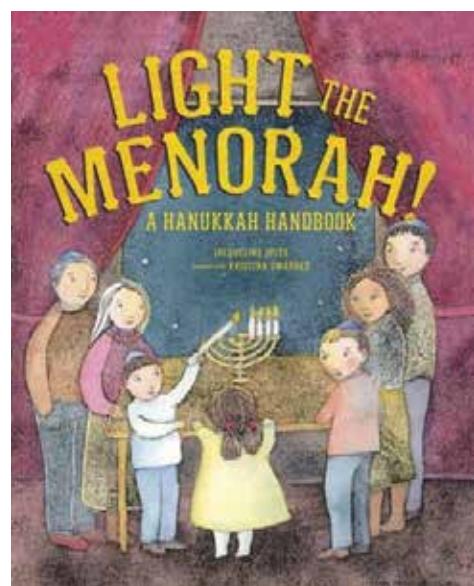
This easy-to-follow illustrated story is perfect for families and classrooms. Kids learn about the Chanukah tale and the miracle of how a small amount of oil lasted eight days. Families celebrate, light candles, play dreidel, and receive

chocolate and coins as gifts. The book’s end pages explain the holiday and pose reading-based questions helpful for educators.



Dreidel Day
By Amalia Hoffman
Kar-Ben, 18 pages
Ages 1-4

Young kids will spin, bounce and tumble their way through Chanukah along with a lively kitty in this delightful board book that glows like the colours of a box of holiday candles. Little ones can count out loud with each double-page spread that features one word and one number and discover the corresponding number of colourful dreidels.

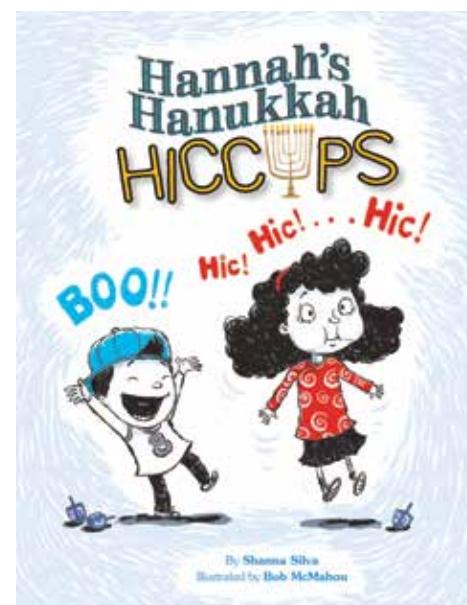


Light the Menorah!
A Hanukkah Handbook
By Jacqueline Jules
Illustrated by Kristina Swarner
Kar-Ben, 40 pages
Ages 4-10

In this contemporary guide to Chanukah, families discover unique ways to celebrate that give deeper meaning to the ritual of lighting the menorah, as well as easy-to-understand explanations of the holiday. Jules, an award-winning author, offers a short verse for each of the eight nights that can be read after

lighting the menorah. They reflect the holiday’s themes of religious freedom, courage and miracles.

Swarner’s illustrations and border designs add warmth and glow. Songs, rules for playing dreidel and instructions for simple crafts such as a homemade coupon gift book make this book a welcome resource.



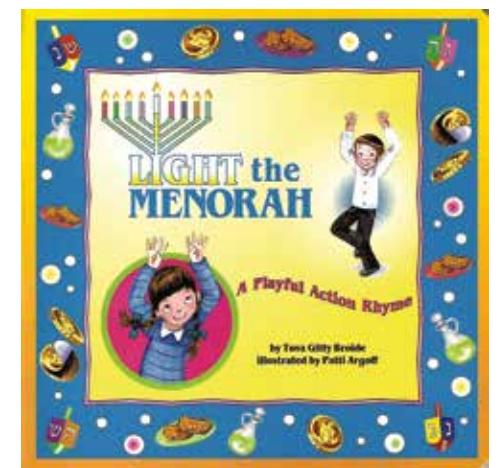
Hannah's Hanukkah Hiccups
By Shanna Silva
Illustrated by Bob McMahon
Apples & Honey Press, 32 pages
Ages 4-8

Uh, oh. Or make that Uh-hic-oh! Hannah Hope Hartman, a spunky young girl who lives in a brownstone on Hester Street, is practicing for her religious school’s Chanukah program when she suddenly gets a case of the hiccups – and they just won’t go away! Her brother Henry tries to cure her by making funny faces. The building’s diverse

neighbours offer their own customs: drinking pickle juice backwards; a Mexican red string cure and cardamom cookies.

Kids will relate to Hannah, who doesn’t want to be in the school program with the hiccups and finds a creative solution.

Silva’s heartwarming story – and the play on words that begin with the letter “h” – is perfectly paired with McMahon’s cartoon-like illustrations in this lively, laugh-out-loud yarn that shines with the light of a family’s Chanukah celebration.



Light the Menorah:
A Playful Action Rhyme
By Tova Gitty Broide
Illustrated by Patti Argoff
Hachai Publishing, 12 pages
Ages 1-4

This lively rhyming book features two young brothers and a sister from a hard-core Orthodox family joyfully celebrating Chanukah, with latkes hopping in the frying pan and the sister spinning like a dreidel.



Chanukah recipe – Creamy potato latkes

BY RACHEL RINGLER

(The Noshers via JTA) – Each Jewish holiday has its iconic food. For Passover, it's the symbolic matzah. For Rosh Hashanah, it's sweet honey and new fruits. For Purim, we get delectable hamantaschen. And for Chanukah, it's oil. That purified olive oil, used to rekindle the menorah that was eternally lit in the Temple in Jerusalem, has shown up in modern times in our Chanukah lamps and in our foods.

Jews from North Africa traditionally ate some form of fried pastry or doughnut filled with fruit or coated with honey and sugar. In Israel, bakeries filled with flats and flats of sufganiyot, fried doughnuts filled with jam, for weeks before the start of the eight-day holiday of Chanukah. But in North America, while jelly doughnuts have grown in popularity, some sort of fried pancake is still de rigueur.

In our home, we eat what our Polish-born grandparents ate: potato latkes. Generally they are the classic ingredients: grated russet potatoes and onion, bound with matzah meal and egg, seasoned with salt and pepper, and fried in vegetable oil. We never use schmaltz, the chicken or goose fat that was often used in Eastern Europe because of its ubiquity and low cost. We would like to! But we feel guilty enough eating any sort of fried food. Cooking our potatoes in schmaltz, while delicious, is simply a bridge too far.

But still, even within my own family, there is a latke schism. Yes to potatoes. Yes to vegetable oil. But it's the



Creamy potato latkes

texture of those potato delights that causes the great divide. I like a crunchy latke, while my sisters prefer creamy. The difference between the two? How they're prepared and processed – on a coarse or fine grate.

For a potato pancake that while crisp on the outside is memorable for its creamy texture within, and that requires lots of oil – a tip of the frying pan to Maccabean times – try my sister Cheryl Schildkraut's simple recipe for potato latke straight from my family's treasure trove of Eastern European foods.

INGREDIENTS

3 pounds russet potatoes
1 medium yellow onion
3 extra large eggs
1/2 cup matzah meal

2 teaspoons kosher salt
1 teaspoon freshly ground black pepper
Vegetable oil for frying

DIRECTIONS

1. Peel and quarter potatoes and onion.
2. Divide into 3 batches and place in a food processor fitted with a stainless steel mixing blade.
3. Process each batch until there are no visible chunks and the mixture is smooth. Do not over-process.
4. Drain mixture using a sieve placed over a large bowl. Press down gently to release liquid.
5. Pour drained potato mixture into a clean bowl. Add eggs, matzah meal, salt and pepper. Mix well.
6. Pour 1/2 inch of vegetable oil into 12- or 13-inch frying pan and heat on medium until the oil shimmers.
7. Using a slotted spoon, carefully place mounds of potato mixture into the hot oil.
8. Fry until brown on one side – about 3-4 minutes – and turn over and fry the second side until brown and crisp.
9. Place the browned latke on a plate lined with paper towels to absorb the excess oil and repeat steps 8 and 9 until the mixture is all used.
10. Serve with applesauce and sour cream if desired.

Rachel Ringler is a museum docent, challah instructor and cook who has strong feelings about the important role food plays in life, in family and in community. Her twitter handle is @rachelringler.

Hillel Lodge 'chai tea' attracts capacity crowd

BY MARION SILVER
AUXILIARY OF HILLEL LODGE

Deary weather could not dampen the enthusiasm as a capacity crowd filled the Bess and Moe Greenberg Family Hillel Lodge, October 28, for the Auxiliary of Hillel Lodge's annual tea and fundraiser. A highlight of this year's event was a showing of the latest collection by Shepherd's Fashions modeled by some very stylish Auxiliary members. Party sandwiches and other palate pleasing treats put the final touch on a delightful afternoon.

This year marks the 18th year that Hillel Lodge is at its current location, so it was our "Chai tea."

The Auxiliary is committed to enhancing the quality of life of the residents with bed lifts, specialized baths, and other new furnishings. Our fundraising efforts ensure the continuation of Chanukah and Purim parties, Mother's Day and Father's Day parties and gifts, the maintenance of the fish tanks, and flowers for Shabbat.

This year's tea was co-chaired by Jackie Gorenstein and Julie Kanter. Kanter, a newer member of the Auxiliary, said she is honoured to be part of a group dedicated to helping the senior members of our community.

The Hillel Lodge tea is the only major fundraiser undertaken by the Auxiliary and it is an event that is always enjoyed by all.



The Auxiliary of Hillel Lodge gathers at its annual tea and fundraiser, October 28.

Happy Chanukah! חג שמחה
from everyone at OJCS

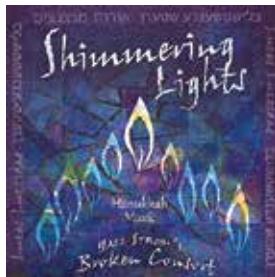
Ottawa Jewish Community School

Great Chanukah music and songs of understanding



Yale Strom's Broken Consort

Shimmering Lights: Hanukkah Music
Arc Music Productions
www.yalestrom.com



On *Shimmering Lights: Hanukkah Music*, violinist Yale Strom – a long celebrated innovator in Jewish music – along with singer Elizabeth Schwartz and an ensemble including guitar, oud and string players, offers a fascinating, multilingual musical tour through the Chanukah musical traditions and songs from Jewish cultures around the world.

The album opens with a version of “Maoz Tzur” from the Moroccan tradition featuring some outstanding oud playing by Amos Hoofman that contrasts beautifully with Schwartz’s vocals and the string ensemble before shifting into a joyous klezmer-style version of “Khanike, Oi, Khanike” with verses sung in both Yiddish and English.

From there, we hear an extended version of “Kita’l Tas,” sung in Ladino and played in the Turkish Sephardic tradition, and “Latkes,” a Yiddish original by Strom

based on the traditional Yiddish song “Bulbes” (in the 1960s, “Bulbes” was the template for “Nothing,” one of the best songs by the Fugs). Early in its nine-minute playing time “Latkes” is quite beautiful, as sung by Schwartz, before shifting into an exciting, Roma-influenced romp by guitarist Fred Benedetti, violinist Strom and the other musicians.

Some of other highlights include a jazzy version of “Akht Kleyne Brider” in Yiddish and a beautiful interpretation of the traditional Sephardic song “La Fiesta de la Hanukia” in Ladino.

The album ends with “The Fool Over Yonder,” a new song written by Strom and Schwartz in English that celebrates both Chanukah and a universal message of tikkun olam.

Most of the pieces on *Shimmering Lights* are quite long allowing the terrific musicians in Yale Strom’s Broken Consort lots of opportunities to stretch out soulfully. This is my favourite Chanukah album since the Klezmatiks released *Woody Guthrie’s Happy Joyous Hanukkah* a dozen years ago.

Ben Fisher

Does the Land Remember Me
www.benfisher.bandcamp.com



Jeremy Fisher is an American singer-songwriter who recently spent three years living in Israel – on the seam dividing East and West Jerusalem – where he worked as a writer and editor for the *Jerusalem Post*.

On *Does the Land Remember Me*, a collection of

17 songs – 16 original compositions and Anais Mitchell’s “Why We Build the Wall – Fisher explores the history and people of the State of Israel and the Palestinian territories from a variety of points of view in what must be seen an effort to explain, to understand and to humanize.

Some songs, like “The Shell Lottery,” about the founding of Tel Aviv, or “Heavy Gates of Gaza,” based on a 1956 speech made by Moshe Dayan following the murder of a young kibbutznik by Palestinians from Gaza, are sung from Israeli perspectives. Others, like the title track and “Yallah to Abdullah,” are sung through a Palestinian lens reflecting on places Palestinians left or were expelled from.

Other songs bridge the divide. In “1948,” Fisher shows that on purely personal levels, the hopes and dreams of parents and children on both sides of the War of Independence were more similar than different. And in “Day is Done,” a song about a terrorist bus bombing, he leaves us to ambiguously wonder if the mother mourning the death of her son in the last verse is the mother of a murdered Israeli or of the Palestinian bomber.

Among the most poignant songs is “For Petr and Ilan,” inspired by the 2003 death of Ilan Ramon, the first Israeli astronaut, in the Space Shuttle Columbia explosion, and by the death of a boy named Petr Ginz at Auschwitz during the Holocaust. Ramon, whose mother survived Auschwitz, carried a drawing by Petr with him into space.

Does the Land Remember Me, which was supported by a small grant from the Israeli Ministry of Culture and Sport, is a well-researched set of songs in folk and folk-rock settings that offer much food for thought.



This Chanukah, share the light with every generation.

Together we can ensure that community programs and activities that build Jewish identity remain vibrant and strong.

Share the light.
Donate. Volunteer. Make a difference.

Happy Chanukah



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

613-728-3990

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

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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 October 25 to November 6, 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.

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Marion Vexler by Elissa and Avi Iny

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Rabbi Levy and Dina Teitlebaum With thanks for a wonderful Shabbat dinner by Issie and Evelyn Hoffman

In Observance of the Yahrzeit of:
Joseph Hoffman Beloved Father by Issie and Evelyn Hoffman

David, Harvey, Victor Kardish Family Fund

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Elissa and Avi Iny Mazel Tov on your granddaughter's Bat Mitzvah by Joan and Russell Kronick

In Memory of:
Marion Vexler by Joan and Russell Kronick

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In Honour of:
Claire Bercovitch Mazel Tov on your granddaughter's Bat Mitzvah
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In Memory of:
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Roslyn and Myles Taller Family Fund

In Honour of:
Laura Greenberg Mazel Tov and best wishes on your milestone 90th Birthday by Roz Taller
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In Memory of:
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In Memory of:
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In Honour of:
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R'Fuah Shlema:
Evelyn Greenberg by Michael and Muriel Wexler

Tedd Nathanson by Judi Hoffman
Ron Cantor by Judi Hoffman

In Memory of:
Seymour Levine by Carol and Laurie Pascoe and Andrea and Mark Malek

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Dr. Myron Cherun In celebration of your new grandson by Phyllis and Bill Cleiman
Marlene Cherun In celebration of your new grandson by Phyllis and Bill Cleiman

In Memory of:

Julia Sculnick by Barbara and Larry Hershorn
Bonnie Rothstein by Beverly and Irving Swedko
Hyman Yanofsky by the residents, staff and Boards of the Lodge and LTC Foundation and Arlene Albert
Roza Lang by the residents, staff and Boards of the Lodge and LTC Foundation

In Honour of:

Barbara and Alec Okun In appreciation of your friendship by Joan and Chummus Spunt
Morton Pleet Mazel Tov on your 90th Birthday by Alyce and Alan Baker, Esther Froman
Nancy and George Kokinos Best wishes on your 50th Anniversary by Beverly and Irving Swedko

R'Fuah Shlema:

Sheridan Schwartz by Evelyn Monson
Ricki Baker by Harris Pleet and Aurete Lavie, Sylvia and Morton Pleet and Jeff and Felice Pleet

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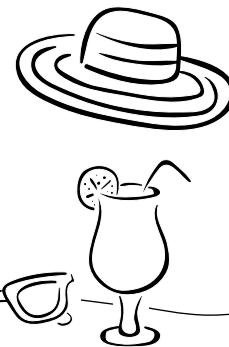
Here's a great opportunity to recognize an event or convey the appropriate sentiment to someone important to you and at the same time support the Lodge. Call orders may be given to Cathie at 728-3990, 7:30 a.m. – 3:30 p.m. Monday to Friday. You may also go to: www.hillel-ltc.com and click on the "Donate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

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When you transfer securities, you **DON'T** pay capital gains on your donation.

*We encourage you to speak with your accountant and/or financial advisor to confirm.



Bess and Moe Greenberg Family Hillel Lodge

ADVERTORIAL

Get To Know Us



Tom Birkhan

Don't judge a book by its cover or a man by his tattoos.

Recently I attended the funeral of Hyman Yanofksy z"l. I attended the funeral with **Tom Birkhan** who was Mr. Yanofsky's caregiver at Hillel Lodge. I watched as the mourners greeted Tom as a valued member of their family. They thanked him for the excellent care he provided to their husband, father and grandfather and asked Tom to be a pallbearer.

When we left the cemetery, I told Tom (pronounced "T-oh-m"- Hebrew meaning "innocent") that when I first saw him at the Lodge, I thought he was someone's grandson. He was very caring and attentive, but way too many tattoos for my liking. Tom laughed and said that he's heard it all before, and then told me about how he came to be at the Lodge (working for himself) as a personal caregiver.

Tom was born in Haifa in 1983 and grew up on Moshav Idan near the Dead Sea. Tom still speaks fluent Hebrew. His paternal grandparents continue to live in Israel after emigrating from Ireland in the early 1950's. After the Gulf War Tom's mother wanted to return to Ottawa to continue her studies and was able to convince her husband (Yigal Birkhan) to sell the farm and follow her to Ottawa. Tom's mother is Wendy Potechin (daughter of Ernie and Myra Potechin). So at the age of nine...Tom moved from Israel to Ottawa.

Tom attended Hillel Academy for a period of time, Cedarview Middle School and Confederation High School. When it was time to think about getting a job, Tom

began working at the Jewish cemetery. He told me that during the eight years he worked at the cemetery they didn't use the machines they do today – he dug hundreds of graves by hand (and then helped families to cover the grave).

So how did Tom get from the cemetery into Long Term Care? Again, it wasn't the conventional route, but one where Tom followed his heart (and if you've met Tom – he has a big heart). Tom received a diploma as a Developmental Services Worker. He initially worked for JFS, facilitating their senior day programs working with seniors and focusing on Dementia and Alzheimers. When he completed his final placement for school with Tamir's Keshet Camp he decided that he would focus his career on senior support. As Tom shared "I feel seniors are a forgotten demographic that are often undervalued and underappreciated. I cherish my time (at Hillel Lodge) and not only is it a mitzvah but an honour to work with such wonderful people every day who continue to inspire and motivate me."

Tom told me that one of his first clients was Mr. Hecht z"l. Mr. Hecht (or "Opa" as he was fondly known) spent his final years at the Lodge – he lived to be ninety-nine years old. Opa was born in Germany and moved to England in 1939 then emigrated to Canada after the war. Tom knew his whole story far better than I did and filled in the blanks. Many of the Lodge's residents know Tom as someone who always smiles and says "hello" when he sees them. We joked that although Tom speaks Hebrew fluently, he needs to work on his Yiddish – he's a true mensch.

Tom is happily married to Tara, lives on a 5 acre farm and still finds time to play drums in a band and grow his own organic vegetables. Tom is one of the wonderful caregivers who makes a difference every day in the lives of Lodge residents.

By Mitch Miller, Executive Director, Hillel Lodge LTC Foundation



Happy Chanukah!



Thank you for the many gifts you have given us throughout the years.

To give a gift that will brighten up this holiday season, contact Mitch Miller at mmiller@hillel-ltc.com or 613.728.3990



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Chanukah Feature In Amsterdam, one of the world's most expensive Chanukah menorahs hides in plain sight

BY CNAAN LIPSHIZ

AMSTERDAM (JTA) – Nothing about the appearance of object MBo2280 at this city's Jewish Historical Museum suggests it is the capital's priciest Chanukah menorah, worth more than the average local price of a duplex home.

Shaped like the body of a violin, it is only 16 inches tall. Its base cradles eight detachable oil cups intended to function as candles on Chanukah, when Jews light candles to commemorate a 167 BCE revolt against the Greeks. They are set against the menorah's smooth, reflective surface, whose edges boast elaborate rococo reliefs.

But for all its charms, the Nieuwenhuys menorah – its creator was the non-Jewish silversmith Harmanus Nieuwenhuys – doesn't stand out from the other menorahs on display next to it at the museum. Far from the oldest one there, the menorah certainly doesn't look like it's worth its estimated price of \$450,000 US.

The Nieuwenhuys menorah can hide in plain sight because its worth owes "more to its story than to its physical characteristics," said Irene Faber, the museum's collections curator.

Made in 1751 for an unidentified Jewish patron, the Nieuwenhuys menorah's story encapsulates the checkered history of Dutch Jewry. And it is tied to the country's royal family, as well as a Jewish war hero who gave his life for his country and his name to one of its most cherished tourist attractions.

The price tag of the Nieuwenhuys menorah, which does not have an official name, is roughly known because a very similar menorah made by the same silversmith fetched an unprecedented \$441,000 US at a 2016 auction. A collector who remained anonymous clinched it at the end of an unexpected bidding war that made international news. It was initially expected to fetch no more than \$15,000.

Another reason for the more vigorous bidding: The menorah came from the collection of the Maduros, a well-known Portuguese Jewish family that produced one of the Netherlands' most celebrated war heroes. The Nazis murdered George Maduro at the Dachau concentration camp after they caught him smuggling downed British pilots back home. In 1952, his parents built in his memory one of the Netherlands' must-see tourist attractions: the Madurodam, a miniature city.

"I imagine the connection to the Maduro family drove up the price," said Nathan Bouscher, the director of the Corinphila Auctions house south of Amsterdam, which has handled items connected with famous Dutch Jews.

Besides the menorah on display at the Jewish Historical Museum, the Netherlands has another very expensive one in the Rintel Menorah: A 4-footer that the Jewish Historical Museum bought last year for a whopping \$563,000 US. Far more ostentatious than the mod-

Continued on page 25



COURTESY OF THE THE AMSTERDAM JEWISH HISTORICAL MUSEUM

Despite its humble appearance, The Amsterdam Jewish Historical Museum's Nieuwenhuys menorah costs more than many of the city's houses.

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In countless wartime broadcasts, Queen Wilhelmina of the Netherlands mentioned Jews only three times.



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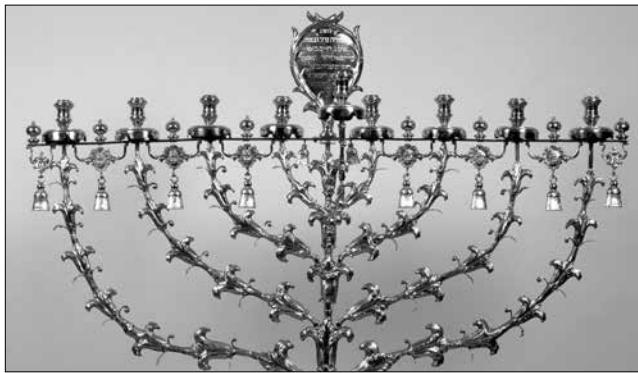
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COURTESY OF THE AMSTERDAM JEWISH HISTORICAL MUSEUM

The Rintel Menorah, which was sold for \$563,000, is the Netherlands' priciest object of its kind.

Continued from page 24

est-looking Nieuwenhuys menorah, the Rintel, from 1753, is made of pure silver and weighs several kilograms. It is currently on loan to the Kroller-Muller Museum 50 miles east of Amsterdam.

The Jewish Historical Museum has no intention of selling the Nieuwenhuys, Faber said, although it could attract even more spectacular bids owing to its provenance: It was bought by the late queen of the Netherlands, Wilhelmina, as a gift for her mother and given to the museum by her grandson, King Willem-Alexander.

"We don't know who commissioned the work, but from the reputation of the artist and the amount of labor it took, it was probably a wealthy Jewish family, perhaps of Sephardic descent," Faber told JTA.

At the centre of the object is a round network of arabesque-like decorations "that probably contains the owner's initials in a monogram," Faber said, "but we haven't been able to decipher it. It's a riddle."

The monogram was one of several techniques that Nieuwenhuys and other Christian silversmiths in the Netherlands had developed for their rich Jewish clients.

Before the 19th century, no Jews were allowed to smith silver in the Netherlands because they were excluded from the Dutch silversmiths' guilds, which were abolished in the 1800s.

"This exclusion was beneficial [to the guild] because it kept out competition, but it meant that Christian smiths needed to become experts at making Jewish religious artifacts like this menorah," Faber said.

Works like the menorah on display at the museum illustrate how some Jewish customers clearly were art lovers with sophisticated tastes.

Whereas the Maduro menorah was symmetrical with

Baroque highlights, the Nieuwenhuys is asymmetrical with rococo characteristics that were "pretty avant-garde for its time," Faber said. The smooth surfaces are "another bold choice, showing finesse," she added.

Whoever owned the menorah no longer possessed it by 1907, when Queen Wilhelmina bought it for an unknown price at an auction to give it as a gift to her mother, Princess Emma.

This purchase may appear inconsequential to a contemporary observer, but its significance becomes evident when examined against the backdrop of institutionalized anti-Semitism among other European royal houses and governments.

The German Emperor Wilhelm II, a contemporary of Wilhelmina, was a passionate anti-Semite who famously said in 1925 that "Jews and mosquitoes are a nuisance that humankind must get rid of some way or another," adding "I believe the best way is Gas."

Belgium's King Leopold III was more politically correct, stating magnanimously in 1942 that he has "no personal animosity" toward Jews, but declaring them nonetheless "a danger" to his country. He raised no objections when the Germans and their collaborators began deporting Belgian Jews to their deaths.

But in the Netherlands, where thousands of Jews found haven after fleeing the Spanish and Portuguese Inquisition of the 16th century, royals not only refrained from such statements but were genuinely "interested in other faiths, including the Jewish one," Faber said.

Wilhelmina's gifting of a menorah to her mother "isn't strange for her," Faber said. "I imagine she found it fun, something to talk about with her mother, to see together how it works." After all, "Jews have always been under the protection of the Royal House."

Except, that is, during the years 1940-45, when Queen Wilhelmina and the Royal House fled to the United Kingdom. Wilhelmina mentioned the suffering of her Jewish subjects only three times in her radio speeches to the Dutch people during five years of exile.

Whereas before the war "Jews always sought the Royal House," during and after "it appeared Wilhelmina didn't think too much about the Jews," Faber said. This was "a stain" on relations between Dutch Jews and the Royal House, which underwent a "rupture."

But this was gradually healed in the postwar years.

The fact that King Willem-Alexander, Wilhelmina's great-grandson, in 2012 gave the Nieuwenhuys menorah on an open-ended loan to the Jewish museum on its 90th anniversary "symbolizes the healing of the rupture," Faber said.



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Please submit your nominations to Barry Sohn, bsohn@jccottawa.com, by January 1, 2019

Soloway JCC Annual General Meeting and Awards Night **February 4, 7:00 pm** at the Soloway JCC.

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The truth of history and the truth of the rabbis

In 1950, "Truth or Consequences," which had been on radio since 1940, made its TV debut. It had a four-year run on CBS but was made famous during its 22 years on NBC hosted by Bob Barker. Yes, that Bob Barker, who later transitioned to "The Price is Right."

The format was simple: contestants had about two seconds to answer a trivia question (usually an off-the-wall question few could answer) before Beulah the Buzzer sounded. If the contestant could not answer the "truth" portion, there would be "consequences," usually a zany and embarrassing stunt.

It was not uncommon for contestants to fail the first part to insure that they were able to perform the stunt. What remains as a memory about this show is that the prizes, if there were any, were unimportant. Individuals played the game for fun, not for monetary reward.

The second memory is the title. Truth, or the lack of truth, has consequences. If we were in the United States it would be easy to segue into a consideration of the role of truth, half-truths and messaged truths that are so much a part of the American political scene. Our Canadian politicians are not immune from shading the truth, but that dynamic has not become part of our political culture, yet. But we Jews, well that is another matter. Playing fast and loose with truth was not unknown to our ancestors. The story of Chanukah is a glaring example of this.

The two Books of the Maccabees contain detailed accounts of the battles Judah Maccabee and his brothers fought for the liberation of Judea from foreign domination. These books include the earliest references to the story of Chanukah and the rededication of



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

Playing fast and loose with truth was not unknown to our ancestors. The story of Chanukah is a glaring example of this.

the Temple, in addition to the famous story of Hannah and her seven sons. They are the most contemporaneous eyewitness accounts we have of the events, yet they are not included in the Tanach. They were relegated to the collection of books known as the Apocrypha.

The two books, one written in Hebrew in Judea, one written in Koine Greek, probably in Alexandria, tell us of the brave Judah and "his merry men." They tell us of his exploits. They tell us of his eventual successes and his rededication of the Holy Temple in Jerusalem. What they don't tell us about is an eight-day miracle. The rabbis of the Talmud regale us with that story, some 600 years after the event. The Gemara, in tractate Shabbat, 21b, tells us about the lighting of the candles and adds the familiar story about the one-day supply oil that burned for eight days.

Historians and rabbinic scholars can debate why the

Books of Maccabees were excluded from the sacred canon. But what is not debatable is that there were consequences to the decision to "message the truth." For nearly 2,000 years, the Jewish people assumed a theological posture which commanded them to wait for Divine intervention when faced with the events of history. They were instructed both overtly and covertly that human resistance and human aggressive behaviour in response to vicious and brutal overlords was not the Divine wish. The accepted version of Chanukah had the impact of creating a more passive form of resistance than that of Judith, another marginalized story of heroism, or the Maccabees. It is not too difficult to see this paradigm at work in the story of Purim. Faced with his people's destruction, Mordechai does not lead a Maccabean response, he instructs Esther to use her feminine wiles in the pursuit of salvation.

It was not until the modern Zionist movement asserted the rights of downtrodden Jews to act in their own right that the historical consequences of Chanukah were challenged. Now, of course, we endure further consequences of our playing with the truth. Our beloved Israel has become not simply the defenders of our right to national existence, but an aggressor in pursuit of self-preservation.

The game show intended the consequences of failed truth to be zany or comedic acts in the name of fun. Unfortunately, today, the consequences of failed truth are much more consequential than comedic.

As we begin our celebrations of Chanukah, perhaps there is value in balancing the two forms of truth: the truth of history and the truth of the rabbis. Both are needed to confront the ongoing battles for Jewish survival.

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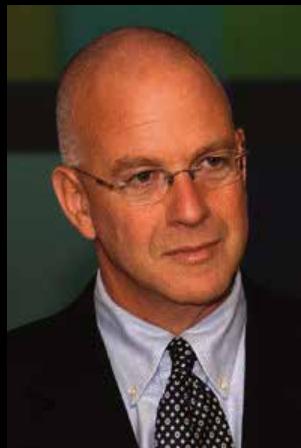
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RADEK HASA

Bubny Station anniversary – On October 16, the Embassy of Israel and the Embassy of the Czech Republic, in cooperation with the Centre for Israel and Jewish Affairs (CIJA), held a commemorative evening at the Czech Embassy to mark the anniversary of the first transport of Prague's Jewish community, from Prague-Bubny Railway Station, on October 16, 1941. Bubny Station was the departure point for Jewish transports from Prague to Nazi concentration camps.

(From left) Ondrej Benesik, chair of the Committee for European Affairs, Parliament of the Czech Republic; House of Commons Speaker Geoff Regan; CIJA Vice-President Richard Marceau; Israeli Ambassador Nimrod Barkan; and Czech Ambassador Pavel Hrnčíř.



A Ripple Effect – A Ripple Effect, a program for teens helping others in the community with kindness, held its 2018-2019 launch event, October 17, at Chabad of Centrepoinette. Visit www.arippleeffect.ca for information on A Ripple Effect programs.



Travelling with young kids, oy!

Travelling can be a big source of anxiety and travelling with young kids is sometimes dismissed as being too difficult to be worth the trouble. Moses had neither the luxury of advance planning when he had to pack up everything in the desert, nor did he have the vast array of resources that are available today to facilitate travel planning, but follow his lead in having a little faith. These three broad tips will make travelling with young children seem less daunting.

PLAN AHEAD

Before leaving, some smart planning can help ensure you have an enjoyable time. Go old school and pick up the phone to call the airline. You would be surprised that a short conversation, after being on hold for ages, will leave you with complimentary seat selection and extra baggage allowance. Calling ahead also gives you a greater chance of securing the bulkhead seat for longer overseas flights. These seats provide extra legroom, a bassinet for newborns, and are free of charge for travellers with a child under two.

Plan out your travel route, paying particular attention to how to get to your destination from the airport. Will you need to rent a car? Will you need cash for a taxi? Book your accommodation in advance and make decisions based on your priorities, such as proximity to the beach. Limit the number of sites you'll visit and stay a bit longer in each place rather than cramming in too much.

Know the rules and regulations for your destination. Will your car seat meet local standards? Up to what age are children required to use a car seat? Car seat



EMMA MALLACH
**MODERN
MISHPOCHA**

laws differ from place to place and Canadian car seats may not even be permissible.

Now that your departure date has finally arrived, start by checking that your flight is scheduled to leave on time. Plan to arrive at the airport a couple of hours early. If you're anxious about missing your flight, chances are the anxiety will rub off on the kids.

Travelling with young kids means that you can bypass lineups and pre-board. Ever wondered why there is never any room in the overhead? That's because us travellers with kids board first with lots of carry-on!

PACK EFFICIENTLY

Even though they may have just eaten, kids will get hungry on a flight and complain they don't like the airplane food. Plus eating is something to pass the time, so save your snacks until the plane has actually taken off. Pack snacks and then pack more snacks.

If you think bathrooms on airplanes are small, wait until you try changing a diaper in one of them. The only thing worse is running out of diapers on a flight. Pack a couple more diapers than you would normally need in a given time frame.

Travel with at least one change of clothes for each

family member in your carry on. If your luggage gets lost, at least you have a fresh change of clothes. Also, spills or accidents are common on airplanes.

Did you know that airplanes can cause teething in toddlers? Be sure to keep the Tylenol and a soother in your carry-on and not in your checked bags.

Don't forget the headsets, but don't rely on TV and movies to keep young kids entertained. It's also crucial to pack books, light toys, and crayons to keep everyone happy.

ESTABLISH A ROUTINE

Perhaps what intimidates people about travelling most is the idea that their routine is going to be disrupted. I think it's important to accept that there will be a different routine and that this can be liberating for everyone. At the same time, it's possible – and important – to establish some sense of routine while travelling to ensure everyone stays well rested and well fed. Try booking accommodation with kitchen access and sufficient sleeping space for all family members.

Involve your kids in picture taking and make a photo book soon after your return. Coming home from a holiday can sometimes be accompanied by a let-down, but creating the photo book can help extend pleasurable feelings from the trip.

All this said, chances are flights will be delayed, you'll miss a connection, you'll realize you forgot your kid's favourite stuffed animal, and the accommodations looked way better online than in person. Don't sweat the small stuff, a lot about travelling is out of your control. Yes, this is going to cost a fortune, but there's no better way to go broke.



Happy Chanukah!



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With health and wellness, not all science is created equal

Facts matter. I try to be a savvy, reasonably well-informed consumer. I research health claims rather than blindly accept them. Whether I'm reading about a particular diet, exercise, food or supplement, I lean in favour of claims that are backed by rigorous science. But even when there are scientific studies to back up health claims, you can't always believe everything you read.

A recent New York Times article on nutrition research pointed out the importance of knowing who funded the research. For example, a pomegranate juice company invested \$20 million dollars on research that found pomegranate juice to be high in antioxidants. However, when asked whether less expensive fruits were equally healthful, the company indicated that comparing pomegranates to other fruits was not among its research objectives. The lesson: Be wary of studies funded by a company or industry that stands to benefit financially from the results. <https://tinyurl.com/y88ew8yk>

Consumers' decision making is also influenced by marketing spin – the so-called facts that a company or industry may put in its messaging. If you're not particularly knowledgeable about the subject and don't bother to do some research, you can be sold a bill of goods. Just like when politicians cherry-pick to drive home their point, proponents of fad diets – such as the paleo diet, intermittent fasting or the anti-wheat diet – make appealing claims such as that's how our ancestors ate thousands or millions of years ago so that's how we should eat now to be healthier and live longer. Sounds logical, but is it the complete truth?

While it's true that our human ancestors didn't have grocery stores and drive-thrus, didn't eat large meals and snacks every day and didn't have bread,



GLORIA SCHWARTZ
FOCUS ON FITNESS

many other facts are intentionally ignored, hence, the cherry-picking. For example, did people live longer, healthier lives during the millions of years preceding modern agriculture and industrialized farming? No. Lifespan was decades shorter. They did what they had to do to survive, such as foraging and seeking prey and going for days without food then eating as many calories as possible when they had the chance. We live in a modern era. We have constant access to a wide variety of foods from around the world. We can eat dairy products, legumes and grains; these foods were not available before farming but are very nutritious and should not be vilified. The underlying precept about ancient lifestyle diets is that evolutionary changes in humans ceased at the end of the Paleolithic era and therefore our bodies are not genetically designed to process cultivated foods such as starch. However, according to the Mayo Clinic, this precept is incorrect.

<https://tinyurl.com/yc486vdh>

As for intermittent fasting – which is trendy – a year-long study of 100 obese participants randomly assigned to either intermittent fasting (alternating fasting and feasting days), daily calorie restriction or a no-intervention group found that intermittent fasting was not superior to the other options with respect to dietary adherence, weight loss, weight maintenance or

heart health. <https://tinyurl.com/y6vpdopv>

Just because something sounds scientific doesn't mean it's legitimate. A November episode of CBC Marketplace questioned whether food sensitivities test kits are valid or pseudoscience. These tests identify whether your blood contains an antibody called Immunoglobulin G (IgG) to over 200 different foods. The premise: The presence of this antibody indicates specific food sensitivities. The hidden truth: The presence of IgG antibodies in your blood doesn't mean you're sensitive to particular foods; it may just mean you recently ate those foods. IgG is a normal physiological response.

I did some digging and learned that paid celebrity social influencers (not scientists) post testimonials on Instagram for bogus products like these test kits. Followers who are easily influenced, ill-informed or seeking a quick fix for their ailments (e.g., digestive issues, eczema, fatigue) end up spending hundreds of dollars for a test that advises them to eliminate foods – including nutritious ones – that in reality aren't problematic for them. A list of foods to avoid can create food-related anxiety and potentially lead to nutritional deficiencies and disordered eating. The American Academy of Allergy, Asthma and Immunology (AAAAI) states, "The presence of IgG is likely a normal response of the immune system to exposure to food" and that "the scientific studies that are provided to support the use of this test are often out of date, in non-reputable journals." <https://tinyurl.com/ybcbmcz5>

The AAAAI as well as the Canadian Society of Allergy and Clinical Immunology, and the European Academy of Allergy and Clinical Immunology recommend against using IgG testing for food sensitivities.



Help bring light to a darkened world by supporting Ben-Gurion University's PREPARED Centre.

The PREPARED Centre is the source of cutting-edge research for preparedness during states of crisis. In the spirit of the Maccabees who protected our people long ago, the Centre trains first responders in North America and worldwide to manage medical emergencies and disasters.

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Wishing you a peaceful and happy Chanukah!



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WHAT'S GOING ON | November 26- to December 9, 2018

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

CHANUKAH ACTIVITIES

For a list of Chanukah activities and events, visit <https://jewishottawa.com/chanukah>

ONGOING EVENTS

Ottawa Israeli Dance

6:30 - 10 pm, Tuesdays until June 25
Ottawa Jewish Community School gym
31 Nadolny Sachs Pvt.
More info: judy@ottawaisraelidance.ca

Mah-Jong at KBI

1:30 - 3:30 pm Thursdays until
December 27, 2018
Kehillat Beth Israel, 1400 Coldrey Ave.
More info: Deborah Zuker
rabbizuker@kehillatbethisrael.com

Kol Miriam

7:30 - 9:30 pm, Thursdays until June 20,
Hillel Lodge, 10 Nadolny Sachs Pvt.
More info: Froma Rose
fromarnold@yahoo.com

Guf Va'Nefesh – Body-Mind-Spirit Integration Classes

7:30 - 9 pm, monthly on the 1st
Wednesday until June 5, Or Haneshamah
30 Cleary Ave., room five,
More info: Tana Saler
Tana.saler@rogers.com

TUESDAY, NOV. 27

Beit Ha'am Talks

7 - 9 pm, Kehillat Beth Israel
Congregation, 1400 Coldrey Ave.
RSVP: droytenberg@yahoo.com
A program of the World Zionist
Organization devoted to discussing the
relationship between Canadian Jews
and the State of Israel. On November 27
we discuss "Between Memory and
Forgetting" Holocaust and Heroism
Remembrance Day in Israel

WEDNESDAY, NOV. 28

Jewish Federation of Ottawa Annual Campaign Call Night with Congregation Machzikei Hadas

6:30 - 8:30 pm
Federation will be making calls for the
2019 Annual Campaign with the help of
Congregation Machzikei Hadas. Make a
gift to ensure the vision of the Jewish
Superhighway becomes a reality.
Interested in making calls? Contact Ari
Aronson aaronson@jewishottawa.com.

Author Amos Guiora The Crime of Complicity: The Bystander in the Holocaust

7 - 9 pm
Contact: Lindsay Gottheil
lgottheil@jewishottawa.com
Amos Guiora is an Israeli-American law
professor and child of Holocaust surviv-
ors. He will be discussing the bystand-
er-victim relationship from a deeply
personal and legal perspective.
Sponsored by The Shoah Committee of
the Jewish Federation of Ottawa

Beit Midrash Night at Machzikei

8:15 - 9:15 pm, Congregation Machzikei
Hadas, 2310 Virginia Dr.
Contact: office@cmhottawa.com
Join Rabbi Moishele Fogel as he draws
from the vast expanse of Halachic
sources to explore fundamental and
relevant topics in Jewish law.

THURSDAY, NOV. 29

Kristallnacht: An After History

4 - 6 pm, Room 482 McOdrum Library,
Carleton University
Contact: Jennifer Evans
jennifer.evans@carleton.ca
Public lecture based on recent research
on Kristallnacht by Helmut Walser Smith,
Martha Rivers Ingram Professor of
History at Vanderbilt University.

Sponsored by the Department of History,
Carleton University, EURUS, the
Zelikovitz Centre, and the Centre for
Holocaust Education and Scholarship

Jewish Federation of Ottawa Annual Campaign Call Night with Kehillat Beth Israel

6:30 - 8:30 pm,
afainer@jewishottawa.com
Federation will be making calls for the
2019 Annual Campaign with the help of
Kehillat Beth Israel. Make a gift to ensure
the vision of the Jewish Superhighway
becomes a reality. Interested in making
calls? Contact Ari Aronson
aaronson@jewishottawa.com.

Commemoration of Jewish refugees from Arab and Muslim lands

7 - 9:30 pm.
RSVP: info@sephardottawa.ca or
viviane_ohana@hotmail.com
Cost: Free. Presenting the documentary
film *Starting Over Again* directed by
Ruggero Gabbai, produced by Elliot
Malki. Sponsored by Sephardi
Association of Ottawa

Parlor Meeting

7 - 9 pm, 100 Versilia
Contact: Jenn Greenberg
j.greenberg@theojcs.ca
Wine and cheese, information night:
Learn about how the foundation of an
excellent education begins with
Kindergarten at OJCS

FRIDAY, NOV. 30

Playgroup Plus Volunteers at Hillel Lodge

2:15 - 3:15 pm, Hillel Lodge
Contact: Deborah Zuker
rabbizuker@kehillatbethisrael.com
Join Kehillat Beth Israel's Playgroup + Plus
for a fun volunteer opportunity. We'll visit
with the residents of Hillel Lodge, sing
songs to welcome Shabbat and share.

TUESDAY, DEC. 4

Building Understanding: Sky Woman and Chanukah

7 - 9, Temple Israel Ottawa, 1301 Prince of
Wales Dr.
Contact:
reception@templeisraelottawa.com
First in a series of programs of relation-
ship-building and mutual learning together
with Ottawa-area Indigenous peoples.

WEDNESDAY, DEC. 5

Beit Midrash Night at Machzikei

8:15 - 9:15 pm, Congregation Machzikei
Hadas, 2310 Virginia Dr.
Contact: office@cmhottawa.com
Gemarah Chaburah - Significant Topics
and Concepts in the Talmud, with Rabbi
Idan Scher and Daniel Bierstone.

FRIDAY, DEC. 7

JBaby Oneg Shabbat at Hillel Lodge

10:30 am - 12:30 pm, first Friday of each
month until June 2, 2019, Hillel Lodge, 10
Nadolny Sachs Pvt.
Contact: Ranit Braun
ranitb@hotmail.com
An inclusive baby and parent Shabbat
morning program. Music, song, play,
snack, kvell. Meet others with babies and
toddlers. All welcome. Sponsored by
Temple Israel & TIRS

CANDLE LIGHTING BEFORE

NOVEMBER 30	4:04
DECEMBER 7	4:02
DECEMBER 14	4:02
DECEMBER 21	4:04
DECEMBER 28	4:09

BULLETIN DEADLINES

WEDNESDAY, JANUARY 2	FOR JANUARY 21
WEDNESDAY, JANUARY 16	FOR FEBRUARY 4
WEDNESDAY JANUARY 30	FOR FEBRUARY 18
MONDAY, FEBRUARY 11*	FOR MARCH 4
MONDAY, FEBRUARY 27	FOR MARCH 18

UNLESS OTHERWISE NOTED, ACTIVITIES TAKE PLACE AT THE JOSEPH AND ROSE AGES FAMILY BUILDING, 21 NADOLNY SACHS PRIVATE

CONDOLENCES

Condolences are extended to the families of:

Mary Godfrey, Toronto
(Mother of Arlene Godfrey)

Roza Lang

Lillian Matyas

Ernie Potechin

Hyman Yanofsky

**May their
memory
be a blessing
always.**

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



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