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**Hamilton
Jewish**

News

APRIL 2022 | NISSAN 5782

The voice of Jewish Hamilton

ASTOUNDING COMMUNITY SUPPORT IN AID OF UKRAINE

Federation's emergency appeal raises more than \$107,000 in humanitarian aid for those affected by Russian invasion

STORIES BY **WENDY SCHNEIDER**
HAMILTON JEWISH NEWS

ON FRIDAY afternoon, February 25, when it was clear that a full-on Russian invasion of Ukraine was underway, the Hamilton Jewish Federation launched its Ukraine Emergency Campaign. The community response was immediate and generous — by the end of the Campaign's first week, Federation received more than \$80,000 in donations, an amount that had reached \$107,000 by the first week in April. Those funds are being directed to Federation's overseas partner agencies, the Jewish Agency for Israel and the American Jewish Joint Distribution Committee, among many others, who have worked in Ukraine for decades and are well positioned to offer humanitarian aid and support. "This is an important role of every Federation in North America that we don't talk about unless there is a crisis," said Federation CEO Gustavo Rymberg. "To be there, to stand up, to support the Jewish people, wherever they are."

ASTOUNDING SUPPORT FOR UKRAINE CONTINUES ON P5



PHOTOGRAPH BY OLIVIER FITOUSI

Ukrainian Jewish refugees leaving Warsaw for Israel

Life for all citizens of Ukraine has been completely disrupted across the country with hundreds of thousands of people fleeing the conflict zone, and food and water in short supply in many areas.

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Hamilton Jewish News is funded in part by a generous gift from the Allen and Milli Gould Family Foundation.



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LOCAL VOICES

I believe ...



Community members of Russian and Ukrainian Jewish ancestry speak about the invasion of Ukraine by Russia

“



I am a Jew from Ukraine. We experienced great antisemitism there, but after Ukraine gained independence in 1991, Jewish life kind of blossomed. Hard times are coming for the Russians as well. Nobody wants to receive the dead bodies of their children. It's tragic on both sides.”

Anna Shkolnik
Born in Kviv, Ukraine

“



I hated the government lies and propaganda in Belarus. Russia has started many wars, and Ukraine is a logical continuation of its fight for power. I understand Ukrainians remembering the Holodomor, and their willingness to fight back for freedom. We have to learn from history.”

Leon Karan
Born in Minsk, Belarus

“



What's going on right now is completely atrocious. I never thought that it would happen. It doesn't matter who wins, there cannot be winners in this war. My only hope is that there will not be a nuclear war in Europe. That's what I'm afraid of. Putin is like a wounded animal, willing to do anything.”

Elana Clark
Born in Kviv, Ukraine

“



The audacity and scope of the attack is just shocking. The difficult part is that Ukrainians have historically been very brutal to Jews. Nevertheless, Putin is a brutal dictator who is ruthless to his own people. Whatever Russia's grievances, they have no place invading a sovereign county.”

Yves Apel
Born in Kishinev, Moldova

The HJN welcomes letters to the editor. To submit a letter for publication, email: w Schneider@jewishhamilton.org.



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Only in Israel ...



PHOTO BY WENDY SCHNEIDER, HJN

A sand sculpture artist creates an elaborate castle on Tel Aviv's main beach. Sculptures made of sand are here today and gone tomorrow, but, for this artist, who began sculpting two years ago as a way to cope with pandemic-induced anxiety, that's precisely the point. The photograph doesn't do his sandcastle justice—but, in the end, it's all that remains.

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NEXT ISSUE: JUNE 2022

DEADLINES Booking ads: **June 1, 2022**
Advertising copy: **June 15, 2022**
Publication date: **June 29, 2022**

HJN

The Hamilton Jewish News is published five times a year by the Hamilton Jewish Federation

EDITORIAL POLICY

The Hamilton Jewish News invites members of the community to contribute letters, articles or guest editorials.

Written submissions must be forwarded by the deadline indicated in each issue. This newspaper reserves the right to edit, condense or reject any contribution for brevity or legal purposes.

CIRCULATION
2,000

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Chag Pesach Sameach!

"We need a place at the table of government. Hamilton is an ambitious city with so many economic opportunities at the centre of the Golden Horseshoe. It's definitely our time, Premier Ford is leading us in the right direction and I want to ensure we continue to build that bright future of growth and opportunity for our families, young people, new Canadians and seniors."



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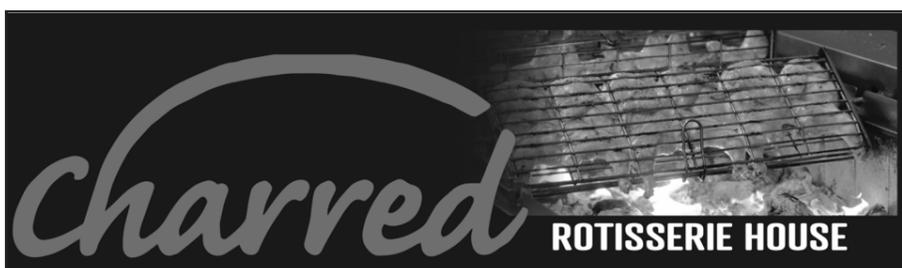
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Susan Denburg wins YWCA Lifetime Achievement Award

McMaster vice-dean recognized for innovative programming and mentoring others in education, training and development

BY **ABIGAIL CUKIER**
HAMILTON JEWISH NEWS

IN THE NOMINATION package putting forth Susan Denburg for consideration for a YWCA Hamilton 2022 Women of Distinction Award, amid her numerous career and community contributions, a common theme emerges: a leader who brings out the best in others through mentorship, sound advice and a ready ear.

Denburg received a Lifetime Achievement Award in the category of Education, Training and Development category, during the March 3 virtual ceremony.

“I was thrilled and I was humbled,” Denburg says. “Validation from your peers and your colleagues is the most powerful kind of validation. I felt very, very moved that my colleagues took the time and effort to nominate me.”

Denburg is the executive vice-dean and associate vice-president, academic in the Faculty of Health Sciences at McMaster University and a professor in the department of psychiatry and behavioural neurosciences.

Among her many accomplishments, Denburg created a clinician-educator stream for professional advancement and offered mentorship to aspiring leaders who have gone on to hold key local, provincial and national positions. She also collaborated with Indigenous and non-Indigenous colleagues to develop a facilitated admissions process for Indigenous



PHOTO COURTESY OF SUSAN DENBURG

applicants to the MD program, to establish the Indigenous Students Health Sciences office and more recently, to set up the Indigenous Health Initiative in the Faculty of Health Sciences.

Denburg spearheaded the creation of innovative professional programs, such as the Physician Assistant program, which was the only one in Canada at the time. She also oversaw the launch of distributed medical education at McMaster, culminating in the establishment of two educational campuses in Niagara and Waterloo.

She also led the Labarge Optimal Aging Initiative, supported the launch of McMaster Institute for Research on Aging and the affiliated Labarge Centre for Mobility in Aging, and helped promote aging as a priority at the university.

Dr. Paul O’Byrne, dean and vice-president, Faculty of Health Sciences at McMaster, wrote in his letter

nominating Denburg, “Susan’s example lays the foundation for all aspiring leaders. She has made every effort to stimulate in others, the skills, commitment, and intrinsic drive that are necessary to succeed. She enhances the women around her by positioning them for success through her example, guidance and direct facilitation of connection and partnership.”

In the community, Denburg has been a member of the board of directors of Shalom Village for about 25 years, including as chair from 2009 to 2012. She also served on the board of Chamberworks for 12 years, as well as boards and committees at McMaster, including University Senate and the Board of Governors.

“When thinking about the attributes of a candidate for this honour, I can think of no one more deserving than Dr. Denburg,” Dr. Larry Levin, Shalom Village past president and board member, wrote in a letter supporting

Susan Denburg spearheaded creation of several innovative programs at McMaster.

ALSO NOMINATED



PHOTO BY CASEY HAUGHLAND, SPECIAL TO HJN

Paula Baruch, cantor at Temple Anshe Sholom, was nominated for a YWCA Hamilton 2022 Women of Distinction Award in the Art, Culture and Design category. The YWCA website says, “Paula is a creative visionary who inspires and motivates positive change. She is a beaming light for any faith or community.”

the nomination. “Susan has had an immense and positive influence on the lives of countless residents of Shalom Village, as well as having mentored many people, on the board as well as staff.”

Denburg says she is grateful for the support and encouragement she has received, especially early in her career. “If you aren’t bold or a risk taker, get someone to help you. Be honest about your hesitation. If you hide it, you will never overcome it,” she says.

“For me, the most incredible experience has been the opportunity to support others. So, I encourage people to seek mentors and seek allies. I’ve had tremendous support and so I’ve had a lot of opportunities to grow and learn and I hope I’ve given back at the university and also in the community.”

Astounding community support for Ukraine

CONTINUED FROM THE FRONT PAGE

Scarred by a bloody history, Ukraine's Jews find themselves refugees once again

THE HISTORY of the Jews of Ukraine includes some of the greatest highs and most difficult lows of Jewish history. On the one hand, Ukraine was the site of enormous tragedies such as the Chelminitzky massacres, Babi Yar and the Einsatzgruppen executions. At the same time, however, it also has a full and rich Jewish history.

Today, some 200,000 Jews remain in Ukraine, although some estimate the number to be as high as 300,000. The majority are native Russian and Ukrainian speakers, and only some of the elderly citizens speak Yiddish as their mother tongue. Since the fall of Communism, a renaissance

of Jewish life has taken place for those Jews who remained in Ukraine, and Jewish communities in many cities and towns have been reconstituted. The main Kiev synagogue located in Podil was returned to the Jewish community in 1945, and for 50 years it was the only operational synagogue in Ukraine. Until the war began, synagogues and other religious and cultural institutions functioned in every place with a significant Jewish population. Across the country, religious leadership was provided by a number of mainly foreign-born rabbis, many from the Chabad movement, whose roots also lie in Ukraine.

Natan Sharansky, the world's leading anti-Soviet, dissident Zionist, political prisoner, human rights activist and Israeli statesman, was also born in Ukraine, in the city of Donetsk, which was then called Stalino. But in an interview with Tablet Magazine in March, Sharansky said the current conflict is unrelated to the Jewish question.

"Putin, with all the awful things he is doing, is unique in Russian history for his positive attitude toward Jews and Israel. There are no anti-Jewish pogroms at this stage ... and it's not the case that Jews are at the center of this," he said.



PHOTO BY OLIVIER FITOUSSI FOR THE JEWISH AGENCY FOR ISRAEL

Sharansky said the ultimate irony of today's conflict is how the ways Jews are perceived in the country has completely reversed itself since his childhood.

"When I was growing up in Donetsk, 'Jew' was the worst thing you could have in your papers. It was like being born with a disease, and many parents dreamed

of how to bribe officers to write in anything else for their children. Today, when refugees move to the border, the best thing they can have in their ID is the word 'Jew,' because the only country that sends official representatives there to get people and give them citizenship is Israel."

Ukrainian refugees landing in Israel, March

Listen to the latest episode of the **Shpiel on Hamilton** podcast (on your favourite podcast app) for more about the Ukraine crisis

War in my grandparents' land



Ben Shragge

Reflections on a region scarred by centuries of anti-Jewish violence

I WAS WATCHING footage of Ukrainians defending Kyiv when a road sign caught my eye. It listed the distance to Zhytomyr, birthplace of my maternal grandfather. I was similarly struck when I read reports of Russian troops landing in Odessa, birthplace of my paternal grandmother. I've never been to Ukraine, don't speak Ukrainian, and know of no distant relatives still there. Nonetheless, it's jarring to see Russian tanks roll down the roads my ancestors once traveled.

Between 1880 and 1914, two million Jews left the Russian Empire. They largely immigrated to the United States, but other destinations ranged from Argentina to Ottoman Palestine to—in the case of my grandparents and great grandparents—western Canada. Manitoba Chief Justice Samuel

Freedman, my Zhytomyr-born grandfather, described their motivation, when he wrote, "The word pogrom was seared into the soul and flesh of my parents and the other immigrant Jews who were their contemporaries. Their European existence was lived under the constant fear that they might be victims of a pogrom—that is to say, of an organized attack on Jews (men, women, and children), of homes and synagogues burnt, of possessions looted. All this, while officialdom in Russia conveniently looked the other way."

My European-born ancestors moved to Canada from what is now Ukraine, but before that country appeared on the map. They spoke Yiddish, not Ukrainian; were not considered ethnically Ukrainian; and left before an independent Ukrainian state emerged. They were, in government documents and their own self-description, from Russia. An exception is my paternal great grandfather, who is described in 1911's Who's Who in Western Canada as being born and educated in Austria. In fact, he was from Austrian-ruled Galicia, in a village near Lviv. As of

this writing, Lviv (which my great grandfather would have known by its German name, Lemberg) is now a transit point for thousands of displaced Ukrainians fleeing into neighboring countries.

At the turn of the 20th century, Eastern Europe (and much of the world) was largely controlled by multinational empires: many of the states we know today only emerged with their collapse. Of course, the absence of a Ukrainian state does not mean there were no Ukrainian people, language, or culture. According to the 1897 Russian Imperial Census, carried out 11 years before my maternal grandfather was born, Zhytomyr was 46 per cent Jewish, 26 per cent Russian, 14 per cent Ukrainian, and 11 per cent Polish. Of these four groups, Jews, Poles, and Ukrainians alike had no nation-states at the time, but were instead the subjects of foreign empires.

The First World War led to the fall of the Russian, Austro-Hungarian, and German Empires, which was followed by the 1918 independence of formerly partitioned Poland. The Ukrainian People's Republic also declared

its independence from Russia in 1918, but was conquered by the Bolsheviks in 1920. During this chaotic post-war period of competing nationalisms and ideologies, Ukraine's Jews experienced more than a thousand pogroms. Historian Jeffrey Veidlinger describes their plight: "The Bolsheviks despised them as bourgeois nationalists; the bourgeois nationalists branded them Bolsheviks; Ukrainians saw them as agents of Russia; Russians suspected them of being German sympathizers; and Poles doubted their loyalty to the newly founded Polish Republic. Dispersed in urban pockets and insufficiently concentrated in any one contiguous territory, Jews alone were unable to make a credible claim to sovereignty."

After the First World War, restrictive immigration laws in the United States, Canada, and elsewhere ended mass migration from Eastern Europe. If my ancestors had stayed in their hometowns until 1922, they would have become citizens (or dispossessed victims) of the newly declared USSR. If they had survived the Stalinist oppression of the 1930s, they would have faced

the 1941 Nazi invasion of the USSR. The Holocaust killed 1.5 million Jews in Ukraine, including the remaining Jews of Zhytomyr. In its aftermath, the Jewish claim to sovereignty was finally realized in 1948. Only in 1991, with the collapse of the USSR, was the modern state of Ukraine born. Its current president, Volodymyr Zelensky, is the descendant of Jews who stayed there and survived.

Now Ukraine is under attack by a Russian ruler who dreams of resurrecting his country's empire. Quick searches of my ancestors' hometowns bring up headlines like "Four dead after Russian missile strike hits residential building in Zhytomyr," "Jewish orphans escape Odessa as Russian noose tightens around city," and "Russian soldier holds up grenades to Ukrainians, threatens to raze city." By the time this article is published, the headlines could be much worse. May peace come to the land my grandparents once knew.

Ben Shragge is the HJN's digital editor. He lives in Boston with his wife Yelena and newborn daughter.

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Stories of resilience

The COVID-19 pandemic has brought uncertainty, worry and stress, but the ability to persevere through tough times can also make us stronger

BY **WENDY SCHNEIDER**
HAMILTON JEWISH NEWS

MORE THAN TWO YEARS of pandemic life has passed. Since mid-March 2020, we've been through a whirlwind of changing information, flattened curves, worrying spikes, mask policies and virus variants. We've been isolated from our family and friends, deprived of opportunities to participate in community life, and many of us have experienced loneliness, anxiety, depression and financial hardship.

Exactly one year ago, the Hamilton Jewish News published a cover story on mental health in the Jewish community. Since that time, the Hamilton Jewish News has thought deeply about resilience and we wondered about what inner resources our readers have drawn on to help them cope with, adapt to, and recover from personal and professional challenges.

Much of the scientific research on resilience — which is our ability to bounce back from adversity — has shown that our mental and emotional well-being is enhanced by having a sense of purpose and giving support to others. From what we've heard from the individuals we interviewed for this story, there is plenty of anecdotal evidence from within our own community to support that view. We hope you'll be as inspired as we were by their stories.

Small business, big heart

It's 10 a.m. on a weekday morning in February when Mark Morgenstern graciously welcomes the HJN into his cozy eatery on James Street North. Charred Rotisserie House, which had reopened for in-person dining after yet another lockdown, doesn't officially open for another hour, but Morgenstern appears relaxed as he offers his visitor a seat at the back of the restaurant. He knows that his staff, busily preparing for the anticipated lunch-time orders, has everything handled.

Morgenstern starts off the conversation by acknowledging his good luck. While so many other restaurant proprietors have lost their businesses over the last two years, Charred's sales are about the same as they were before the pandemic, despite delivery services like Uber, Skip the Dishes and Door Dash taking a third of the profits.

"If we didn't own the building, if I had to pay rent, I'd be long gone," he said.

The restaurant business is an incredibly high-cost, low-profit-margin business even in the best of times, and Morgenstern has great sympathy for restaurant owners who've either been forced to close their doors or are barely afloat.

"I don't know how they do it," he said. "Today ... it's very difficult to



RESILIENCE FEATURE PHOTOGRAPHY BY WENDY SCHNEIDER, HAMILTON JEWISH NEWS

make a dollar."

What motivates Morgenstern to persevere despite the challenges are, first and foremost, a sense of responsibility to the 20 people who work for him.

"I'm at the age where I don't want to be working and shlepping all day," he said. "One of the reasons that I'm still around is because I have a really nice group of young people working for me, so I don't have to be here (all the time.)"

Morgenstern said it's also nice to have a place to go to when he wakes up every morning. But the biggest rewards come from hearing from a satisfied Charred customer that its takeout meals are "the best."

"Nothing feels better than that," he said.

The community activist

Becky Katz was living alone when the pandemic began, which presented a significant challenge for the self-described "extreme social butterfly." But the artist and community art educator resolved to use that time as an opportunity for personal growth.

"When COVID first hit, it was like hitting a brick wall, because I really couldn't do anything," Katz told the HJN. "It was a bit lonely but I learned to enjoy my own company more, which has been a fulfilling development that I'm grateful for. Instead of giving into those sad, lonely feelings, I'd sort of yank myself out of that and learn to enjoy the solitude ... I felt good about it."

Since then, Katz has acquired a new partner and a new set of priorities.

"I haven't been going out nearly as much ... I've been drinking alcohol a lot less than I used to which has been a major blessing ... I don't spend as much money. So that's been good," she said. But the most significant change has been in the way she's stepped up to advocate for Hamilton's homeless.

Katz is what author Malcolm Gladwell calls a "connector" — someone who possesses an extraordinary knack for making friends, who always knows how to help, or if she can't, can quickly put you in touch with someone who can. Over the last year, Katz started volunteering with the



Hamilton Encampment Support Network, where she seeks out people living in encampments, brings them supplies, and connects them with community resources. Her job description? A connector.

"Whereas before the pandemic, my community engagement was more around music and art, now it's become more political," she said. "It sucks because I don't like politics. I just feel this obligation to do what I can."

That's what friends are for

In pre-pandemic times, Jan Hastie and Nick Kates's social life revolved around nine other couples who found practically any occasion a good reason for celebratory get togethers, like significant birthdays, anniversaries, life-cycle events, weekend getaways and shared vacations. During the frightening early months of the pandemic, the friends stayed in close contact, but the women in the group took it one step further by organizing weekly Zoom calls — at first to accommodate their immunocompromised Toronto-based friend who was feeling isolated from the rest of the group — "and it just carried on from there," said Hastie, adding, "This friendship is very special and it's the basis of this."

During their weekly meetings, the women generally catch each other up on family news, what books they're reading and what television series

Top: Charred owner, Mark Morgenstern, kept 20 people employed during the pandemic.

Above: Becky Katz is what author Malcolm Gladwell calls a "connector."

"There's been a real community aspect missing ... I can't wait just for people to be able to connect ... just to be with community."

they're watching, but the Zoom calls also served another purpose.

"If someone looks upset, that would probably signal to someone in the group to make a call to that person after. Just to make sure they're okay," said Hastie.

It wasn't long before the men started their own calls.

"We started in May, during the first lockdown, when it was a really scary time and we were still washing our oranges," said Kates.

In those early days, the calls served several important purposes. They were "partly for the social contact and partly for the validation that everyone was going through exactly the same ... but also just the enjoyment of being with people, sharing stories, keeping in touch."

Kates, who chairs McMaster University's Department of Psychiatry and Behavioural Neurosciences, can't help but see his own experience with a clinical eye. Having a support group during the pandemic period has been "enormously important," he said, "in building a sense of connectedness, belonging, and reducing the sense of isolation."

Another thing their support group accomplished, Kates went on, was to create a sense of continuity that would have been lost had the couples not stayed in regular contact.

"The continuity is really significant," said Kates. "You don't think that you're separated from everybody else, ... whereas if you're just on your own, you're facing that in isolation, and it makes it much harder to reconnect again."

Asked how the pandemic has affected his patients, Kates said the effects have been revealed over various stages.

"Initially there was the loss of services, loss of support that people felt. There were a lot of people who didn't mind the reduction in external pressures, or social situations they had to be in, particularly with people with anxiety disorders, depression. But I think what we're seeing (now) are more people becoming depressed or anxious."

The pandemic made mental health issues worse, he said. "We're just going to see an increasing demand for services to be able to keep up with it."

Doctoring during a pandemic

When Bonnie Loewith shifted her family medical practice to virtual care in March 2020, she could hardly have imagined that two years later she'd still be working remotely. Loewith's daughter (who shares the practice) is back to offering in-person care with the help of a nurse practitioner, but Loewith, out of concern for her husband's health, has chosen to work mostly from home. And while working remotely has kept her Loewith and her husband COVID free, it's also brought a new set of challenges.

"I am literally busy from morning 'til night," said Loewith, and she's not alone. Many of her colleagues have reported being busier than they've ever been.

"A lot of that is mental health, anxiety and depression associated with



Above: Some of the male members of Jan Hastie and Nick Kates's group of friends who've stayed in close contact throughout the pandemic by Zoom. Pictured (l to r) are George Czutrin, Ron Richter, Nick Kates, Abe Szpirglas, David Loewith, Rick Black, and Howard Cohen (seated)



Loewith family dairy farm, "for somewhere to go, something to do."

Living on a farm during a pandemic has also meant more visits from the Loewith children and grandchildren, which has definitely been a silver lining during this period.

Parenting through a pandemic

When the pandemic hit, Aviva Millstone and her husband, Dundas native, Darren Epstein had just moved in with his parents with their three-year-old and four-month-old twins, and both parents were working from home. With no programming or daycare available, however, it wasn't easy, Millstone told the HJN. Things improved slightly after they moved into their new house and enrolled their daughter in JK at Kehila, but months of remote learning were less than ideal.

"Our daughter is a good, easy kid, but, honestly, everything is better when she's in school."

Millstone said the lack of socialization opportunities in the winter months "has been really tricky. And our twins have no friends because they don't go to daycare and don't socialize period. But they have each other. I've never been so grateful for that"

The thing Millstone says she most misses since moving to Hamilton is taking her daughter to community-wide programs.

"I can't wait just for people to be able to connect ... Anything just to be with the community," she said.

Like Fiddler on the Roof's Tevye and Golde, David and Zohar Levy have five daughters, and while they don't have to contend with the struggles of shtetl life under the Czar, the last two years have not been easy. Their family-owned chocolate business, forced to close in March of 2020, was almost entirely event based, and it took months of David's putting in 20-hour work days, six days a week to make up for lost revenue. That left Zohar with the lion's share of child raising.

"Between the two of us, she definitely had it much harder," he said.

Zohar acknowledges that parenting during the pandemic has taken its toll.



Above right: Aviva Millstone and Darren Epstein and their family

Right: David and Zohar Levy and their five daughters pose on the steps of their family home

the pandemic ... So A lot of what I'm doing is speaking to people who are in some kind of mental health crisis," she said. In addition to seeing patients virtually during the day, Loewith is also putting in long hours on evenings and weekends, staying on top of test results, renewing medication, and generally managing her inbox.

"It's more than I want to be doing," she said.

As for her patients, while Loewith has been pleasantly surprised by her older patients' resilience, she worries about the young children she sees who, she says, are "afraid to be close to people because they've been told they can't even hug their grandparents." She's also observed worrying trends in her school-aged patients who've had limited opportunities over the last two years to socialize. "Their social skills are lacking and their anxiety, depression and behaviour issues skyrocket."

Asked how she's managed her own self-care, Loewith, who is in the same group as Hastie and Kates, referred to her friends and the 25-minute daily walk she tries to squeeze into her busy days.

"I have a really good group of friends, and we've continued to do lots of outdoor get togethers over the last two years," she said. Many of those gatherings have taken place at the

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Join us on May 29 as we come together to support seniors and celebrate families.

Unfortunately, Hustle 4 Health will remain on hiatus for another year, however with uncertainty shaking communities across the globe, we know the importance of gathering with friends and family. We may be doing it differently in 2022—but we hope we can still be together!

Shalom Village Foundation will host a celebration of life, love, and family, and the opening of the Dr. Jack & Sonia Shekter, Lock-in-Your-Love Memorial Garden.

In the spirit of The Hustle 4 Health, we are asking you, our loyal supporters, to maintain the 17-year legacy of the Hustle by supporting our Spring Appeal, and spending valuable time with our seniors. All funds raised will benefit seniors' health, wellness, and advocacy.

Now, more than ever, we need to speak up for our seniors.

Details will be coming to your mailbox and inbox, and posted on our website in late April.

We look forward to seeing you all smiling in the sun on May 29!



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or contact Kathleen Thomas at kathleen@shalomvillage.ca or 905-529-1613 ext 264.



Stories of resilience

CONTINUED FROM PAGE 7

“It wasn’t easy, that’s for sure,” she said. “The winter months were definitely harsh especially with four kids on Zoom ... and that was definitely challenging.”

On the other hand, raising five children — whose ages range from 4 to 14 — during a pandemic has had its advantages.

“We’re very lucky because we know families that have just one child and [having no contact with other children] was so hard on them,” said Zohar.

That’s not to say that the Levy children completely escaped the social anxiety that so many parents reported seeing in their children over this period.

“It was hard for us to get the seven-year-old back to school after each lockdown ... She got used to staying at home,” said Zohar. Her teenagers, too, had “a very hard time” with school disruptions, “because, you know the teenager, you’re a lot in your head, and [you think] you’re being judged by everybody. When you have a period of time when you’re not around other people, then you go into that even more.”

On those mornings, their mom would tell them the same thing she told herself countless times over the last two years: “Take it a day at a time, you have to be brave ... you can’t live your life disconnected.”

If staying connected translated into too much screen time, then so be it.

“You really have to learn how to let go. It’s temporary and ... and beating yourself up over these things just isn’t helpful for anybody. That’s my take on it.”

The COVID-19 pandemic has been



Polina Gellman’s positive attitude has helped her cope with the isolation.

a huge and disruptive event for the Levys, but from the earliest days of the crisis, the couple demonstrated remarkable resilience when they resolved, in David’s words, “not to freak out ... not just from the virus, but in general ... to just kind of carry on and do whatever we can.”

Zohar did more than carry on. She modeled for her children that indulging in simple pleasures like “outdoor gardening, good music, keeping it light ... and ordering the kids new art supplies,” can unlock the inner resources for dealing with stress.

Isolated but resilient

Before the pandemic brought her daily outings to an abrupt end, Polina Gelman, an 86-year-old Holocaust survivor, had spent her days in the Hamilton Hebrew Academy library, a volunteer position that she held for more than 42 years.

Gelman told the HJN that the pandemic has been very hard on her “because I’m not used to sitting home.” Things became progressively worse as the pandemic wore on when Gelman, after feeling unwell for

several months, was diagnosed with advanced stage lung cancer that necessitated radiation treatments, and a heart condition that has made walking increasingly difficult. Gelman says she’s coped by taking “one minute at a time, not one day, one minute.”

Despite her deteriorating health, Gelman carries on. She participates in Jewish Family Services phone-in activities, stays in regular phone contact with her friends, retreats to her balcony for exercise and fresh air, and is grateful for her son’s daily visits. Most importantly, she refuses to indulge in negative thinking, taking comfort in memories of when “every day, a little kid taught me something.”

Polina Gelman, and the other individuals who generously opened their hearts and shared their stories, embody many of the qualities that define resilience: the ability to adapt when things don’t go as planned, accept things as they are, and hope for better days ahead. Adversity, they’ve shown us, can be the breeding ground for resilience, and resilience is the glue that holds us together in these trying times.

Singer, songwriter, author Martha Wainwright headlines Na’amat event

NA’AMAT HAMILTON is pleased to announce that award-winning author, Martha Wainwright, will be the featured speaker at the 36th Celebrity Author Luncheon to be held on Zoom on Sunday, May 15, 2022 at noon.

Martha Wainwright is an internationally renowned singer-songwriter. Her memoir, *Stories I Might Regret Telling You*, is an honest account of growing up in a musical family, and her experiences with love and loss, motherhood, divorce and facing the challenge of the music industry as a female artist and a mother. She describes what it was like to grow up in a family of folk legends — she is the daughter of Kate McGarrigle and Loudon Wainwright III — and her intense relationship with her brother, the highly acclaimed singer, Rufus Wainwright.

Stories I Might Regret Telling You is a thoughtful, moving account of the extraordinary life of one of the most talented singer-songwriters in music today.

Na’amat is a non-profit charitable organization whose mission is to enhance and safeguard the status of women, children and families in Israel and in Canada. Na’amat programs benefit all Israeli women by providing shelters for abused women and children, legal counselling, recreational and retraining programs, and a countrywide network of daycare centres.

Tickets are \$25, are tax receiptable, and can be purchased online: naamat.com/hamilton



Martha Wainwright



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To those who fought
And to those who had no way to fight
To those who sang on their way to their deaths
And to those who were silent...
...To those who were superhuman
And to those who, like you and I
Were merely, most importantly Human

Aviva Goldberg, 17 | March of the living, 1990

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Reflections on resilience

Two community members tell of their experiences



Helaine Ortmann

IN THESE PAST two years of our shared global trauma, I have spent time every day (and many sleepless nights) working on being resilient; if not to gain mastery – who among us has that kind of chutzpah? – then to achieve some level of coping.

It's a full-time job, and I'm grateful I'm retired to have the time to do it.

My mother was one of the most resilient people I knew. On a number of occasions in her later years, in the emergency department or an in-bed hospital unit, doctors gathered with us, her three children, to discuss end of life measures. In each instance, my mother made it clear, in her own voice, that she wanted heroic measures. She always chose life.

If the Kessler/Levy family DNA were put under a microscope, I'm confident the resilience molecule would rise to the top of that petri dish.

In the early stages of the pandemic, in a manic attempt to exorcise my anxiety and despair, I walked more than an hour a day until my right knee broke down in Gage Park and I had to hobble home. After months of physio and learning how not to hyperventilate under double masks, I now walk 30 to 35 minutes, comfortably.

I never tire of my 100-year-old central Hamilton neighbourhood; home to relatives in the 1940s-50s and the Jewish Community Centre in the 1950s-70s. Even in winter, under layers of fleece, a

balaclava and a hat, with spikes on my boots to navigate slippery conditions, I walk. It restores me.

I reflect on my strength, ability and resilience with gratitude because a year ago I slipped on a sliver of ice at the top of my street and suffered a concussion and brain bleed. More than the vertigo, the onset of eye floaters, the blow to my tailbone and two to three months of recovery, the fall happened the week my 95-year-old mother was diagnosed with Covid and kept me from saying goodbye to her at Shalom Village and days later, at her funeral.

Our house in the Stinson community, where we have lived for 43 years, has become my familiar, safe space. When grief, sadness and world-weariness creep into my conscious and unconscious places, unannounced and uninvited, I escape.

To my kitchen where I have discovered the magic of Fleishmann's instant yeast; the joy of making challah (a year ago my cousin gave me a master class over FaceTime); and the thrill of attempting authentic French recipes such as strawberry moelleux cake, fresh tomato velouté soup and classic vegetable Tian; all the while remaining loyal to Norene Gilletz and her tried-and-true recipes for lokshen kugel, potato latkes, knaidlach, tangy sweet and sour meatballs, and never-fail sponge cake in cookbooks, gifted to me over 40 years ago by my mother and mother-in-law.

To my spa (code for bathroom) that I have retrofitted with fabric shower curtains (vinyl forever blessed and released), plush towels, nature-themed pictures on the walls, soy blend candle and Eucalyptus-scented Epsom salts that promise to "calm and soothe."

To my backyard, where perennials change colour through the seasons and three raised garden

boxes hold our precious cargo: vegetables that make me quell all summer long (I don't have grandchildren) and that I transform into soups, pasta sauce and baked goods that I happily give away to family and friends, or freeze, so that deep into the February chill we can still savour the taste of summer.

To my music that truly calms and soothes, transports me to a happier time, and that I often fall asleep to. Influenced by my father, I love Frank Sinatra, Ella Fitzgerald, and Tony Bennett. I listen deeply to the lyrics, the elegant musical arrangements and the depth and range of their voices. In my mind's eye, in the ballroom of nostalgia, I dance: swing, jive, jitterbug, waltz.

To visits with my family — inside when safe, bundled under blankets outside, masked, unmasked, in person, virtual. Stubbornly adjusting and re-adjusting as if I were Bill Murray's character in Groundhog Day trapped in a daily "re-do;" naïve or optimistic enough to expect to wake up to a different, better, new (normal) world.

If 2020 was a blur, 2021 was a reckoning... with grief, loss, isolation, uncertainty and fear. That said; I am, unquestionably, one of the fortunate.

I have a family I love and that loves me. I seek out and value the people, services and programs available in the community that are there to help. And with all the koach I can muster, I turn down the volume of negativity (my own and in the media) and give myself the time and permission to do those things that nurture and sustain my mind, body, heart and spirit.

Helaine Ortmann is a Hamiltonian, by birth and by choice. Recently retired, she seeks to stay active, bring meaning into her space, and be open to new possibilities.

How an abundance of support and inner strength helped me overcome depression

BY RON BERENBAUM

I ASSUME the purpose of the resilience features in this issue is to uplift people by exposing them to inspiring stories of recovery from pandemic-caused depression. However, when I was suffering a bout of depression a few years ago, I was angry and jealous of those who had physical and mental capacities I had lost, and the idea that I could overcome my affliction felt ludicrous to me.

I did overcome my affliction and I feel my physical and mental capacities today are as good as at any time in the last 10 years. I would be hard pressed to explain how I was able to overcome my anxieties. A few thoughts come to mind. First, I had great support from my two younger brothers, who convinced me to come to Shalom Village, which has played a major role in my recovery. At Shalom Village, I ate better than I had eaten for some time. Staff were always helpful. I received good medical advice from my family doctor and other caregivers.

When I first came to Shalom Village, my anxieties were so overwhelming that I had trouble initiating a conversation. I was stumped by the question,

"How are you?" I could not say, "fine," because it was obvious to anyone looking at me that I was not fine. On the other hand, I had no desire to detail my medical and psychological problems. Ego enhancement came in very minuscule steps. I recall one particular social hour when I worked up enough nerve to tell the group an anecdote about one of my trips. Later, a resident complimented me on my ability to speak in front of a group. Before long, I was volunteering to present programs to entertain others. Trying to help others was satisfying to me and, I believe, provided me therapeutic value.

I tried to ritualize a few simple pleasures to ensure some bright spots during the day: A hot shower at 3 p.m., occasional takeout food, listening to classical music between 7 and 11 p.m., doing crossword puzzles all played a role.

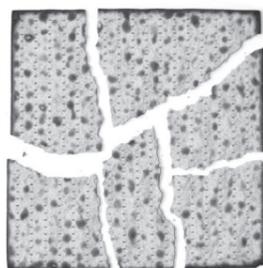
I have to credit an abundance of good luck and circumstances in my recovery. Being at Shalom Village, I have less worry than many others about shopping, medications, preparing meals etc.

I have no specific long-term goals except to get through the next day, week, or month without major medical issues.

I have always been extremely interested in current events and politics. To avoid stress I have reduced the amount of time I spend on TV, computer, print news by about 80 per cent. For those who are experiencing mental anguish from the incessant exposure to catastrophe via news and social media; my suggestion is "Turn off the news and enjoy a nice dinner."

Ron Berenbaum is a former investment advisor and has an avid interest in politics.

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Haggadah nostalgia



Rabbi Aaron Kutnowski

As we gear up for Pesach and the seder night, many of us fall into our own unique preparatory routines and patterns. At our home, the cabinets are cleaned, cleared, and prepared for the Pesach kitchenware. I take out my white kittel and check to make sure last year's wine stains have been bleached clean. And, lastly, taking out the various haggadot, dusting them off and allocating time for their perusal. The haggadah is quite the discussed topic around the Pesach season and many works have been written on exploring its text. Even though it is recited annually, and the seder is accomplished through this same text, rituals, and songs each year, it never seems to fail to surprise many of us with at least a small quiet nuance.

I generally conclude preparations with reviewing the haggadah I used as a youth at my parents' home: the Passover Haggadah by Rabbi Nathan Goldberg. For whatever reason, this book has found a special place in my heart. It's somewhat surprising since it is rather plain in comparison to other ones I own. But nostalgia has taken hold of this book and caused me to have an irrational fondness towards this edition. At the end of the day, whichever one chooses to use, sometimes keeping it simple really is optimum.

This year, I noticed something that I hadn't given much thought to in the past. In the haggadah's maggid section, which begins with the phrase, "Tzei Uleamad," or "Go and Learn," discusses how Laban sought to uproot Jacob's family completely, while Pharaoh only wanted to kill the males. In this context, even going down to Egypt which led to the national enslavement of the Jewish people was a

decent alternative to complete annihilation. The text continues to state: "And he went down to Egypt" - Jacob was forced by the word of God. But how exactly was Jacob forced down to Egypt? Did he really have another viable choice? Should he have stuck around and been killed by Laban? After a bit of thought on the matter, it seems that if God had not commanded Jacob to go down to Egypt, Jacob would not have gone down to Egypt (see Bereishis 46:1-4). And why would Jacob have placed himself in such a risky situation? It seems that he did not want to leave Eretz Yisrael, the land promised to him and his offspring. It was only the command of God to go down to Egypt that compelled him to leave the land of Israel, leaving the land abandoned by her people for many centuries before being united at the time of Joshua, the prophet.

The phrase, "The medium is the message" coined by the Canadian communication theorist Marshall McLuhan suggests that the chosen medium of communication, itself, should be a primary focus of stud. McLuhan stated, "Indeed, it is only too typical that the 'content' of any medium blinds us to the character of the medium itself. Therefore, we must analyze the medium as well and extract its unique message."

The message that I take from the medium of the haggadah, is that the foundations of our relationship with God stems from cherishing and appreciating our vibrant family traditions. By allowing ourselves to have a positive emotional connection with our past, we will properly hold dear the texts that preserve and record our heritage.

Rabbi Nachum Aaron Kutnowski is currently a Judaic Studies Teacher at the Hamilton Hebrew Academy, as well as at the Hamilton Kollel.

My second exodus



Rachel Weinper

"Vive l'année 1954!" This is how my classmates and I greeted the new year in Alexandria, Egypt. I had a wonderful time that New Years Eve, trying not to think about my family's decision to leave the country. I had bittersweet feelings, anxious to get to the land of our ancestors, yet knowing I might never see my friends again. But there was no choice — the situation in Egypt was rapidly deteriorating for the Jewish community since King Farouk was overthrown by a military coup in 1952.

We departed a month after my 16th birthday. We were given a kind of permit on which were stamped the words: "ALLER SANS RETOUR" — departure with no return. Since the authorities considered Jews as potential spies, they were not allowed to return to the country once they left it.

I lived in Israel until I was 24, when I married a Canadian who took me to Toronto. Fast forward to 2020. Here I am, an 81-year-old widow with two daughters living in two different countries. Sharon lives in Jerusalem with her family, and Mira, a grandmother of two, lives in Philadelphia.

Toronto has a lot to offer an active senior, and I was quite prepared to live there, hopefully independently, for the rest of my life. My girls, however, wouldn't accept the possibility of my ending up in a nursing home. After many intense conversations, it was decided I would return to Israel as a "returned citizen." Sharon and her husband Chaim offered their home until I could move to my own apartment.

My daughter Mira was to accompany me to Israel in the summer of 2020 but

when COVID-19 hit at the end of February, there was nothing I could do but wait.

Air Canada began flying to Tel-Aviv again in June, and my daughter, Sharon, ordered me a ticket for Aug. 2. I didn't want Sharon to come and be quarantined here for two weeks. The border between Canada and the U.S. was closed, so it was out of the question for Mira to travel. I was on my own.

I must mention that I had experienced a sciatic attack in January, which incapacitated me for about four months. Now, I had to renew my passport and the Israeli consulate was way downtown. How was I supposed to get there with my sore leg? Mira discovered a volunteer organization in Toronto called "Kavod 19." It consisted of a group of women who would not let COVID-19 defeat them. One woman took my passport application and, a week later, brought me back my passport right at my doorstep! Then a relative arranged for an accountant friend to help me with the banking formalities. This is when I felt that God was with me and that I was not alone after all.

Sunday, Aug. 2, 2020 is a date I will remember for the rest of my life. I was 16 when I left Alexandria for good and now, at 81, I was doing it again, leaving Toronto for good. Only this time I had no regrets—I was going home!

To the last minute, all the passengers were apprehensive that the flight might be cancelled. Indeed, just before boarding, some agents came to take our temperature one last time. The tension was palpable ... but we landed at Ben Gurion airport safely. With tears in my eyes, I quietly recited a "Shehecheyanu."

Rachel Weinper wrote this piece from her new home in Givat Ze'ev in the Jerusalem area.



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Malcolm works with you conveniently and remotely. No need to take time away from work or family or even to meet face-to-face. Malcolm meets with clients by phone or Zoom and does virtually all of his business electronically. If you have a smart phone or internet connection, he can easily work with you. Of course, if you prefer traditional in-person interactions, that can be arranged as well.

With Hamilton's house prices skyrocketing, how are families able to afford homes?

With the average single-detached house in Hamilton now selling for more than one million dollars, it is becoming more challenging for families to get into the housing market. There are two paths that buyers can

pursue in regards to getting into the market and each has its own pros and cons.

First, high ratio mortgages offer buyers the ability to purchase property with as little as five per cent as a down payment, but then the buyer has to qualify for the mortgage with very strict rules and ratios in regards to income and credit scores. This can be an effective way for high-income earners with minimal savings to get into the market.

Second, a conventional mortgage requires the borrower to have at least a 20 per cent down payment, but offers much more flexibility in terms of qualifying criteria as they relate to income and credit score. While it is significantly more difficult to acquire this down payment the conventional mortgage solution may be the only viable option for first time buyers.

To help figure out the best course of action, a quick conversation with Malcolm can help you to pick the right financing strategy to get you into the market as quickly as possible.

Interest rates are rising. What that means from a practical perspective.

The Bank of Canada has been clear that it intends to raise interest rates in the near term. In fact, at its most recent meeting, the Bank of Canada began the process by increasing its overnight rate by 0.25 per cent. This means that any variable rate loan or mortgage will increase as the banks and other lenders increase their prime rates in step with the Bank of Canada. Keep in mind that all variable rate loans including mortgages, lines of credit, credit cards and other personal loans will be affected.

The math is simple. With each increase of 0.25 per cent, the cost of borrowing increases by roughly \$13 per \$100,000 of borrowing per month. In other words, if you have a mortgage



► *With the average single-detached house in Hamilton selling for more than one million dollars, it is becoming more challenging for families to get into the housing market*



of \$400,000, each 0.25 per cent increase in the prime rate will see your payment increase by approximately \$52/month. So, while one increase may not be a big deal for most borrowers, the prospects of a series of increases may be of concern. Malcolm suggests that this is an excellent time to review your situation and to make a decision about whether to stay with a variable rate or lock into a fixed rate. There are risks and rewards associated with either option. The dollars and cents are easy to calculate but it can still be a complicated decision often

based on your own comfort level.

About Malcolm the Mortgage Guy

Malcolm Stoffman is affectionately known as Malcolm the Mortgage Guy and is regularly featured as an expert guest across the Corus Radio Network in Southwestern Ontario. With over 20 years of experience in the financial services industry, Malcolm has held executive positions at credit unions and banks, including as a director on the board of directors and chair of the governance committee of a chartered bank. Malcolm has reviewed, approved and brokered hundreds of millions of dollars in mortgages for individuals, families and businesses of all sizes. With advanced degrees in management and law, Malcolm has a deep knowledge of mortgage lending and access to dozens of lenders and hundreds of mortgage products to fit the needs of virtually any borrower.

Learn more

Call or text Malcolm at: 905-517-4228 or malcolmmortgageguy.ca

MALCOLM STOFFMAN
MORTGAGE BROKER
(M18002114), RMA
(FSRA 10464)



The Herman Levy legacy

Art collector Herman Levy's bequest to McMaster University transformed a small university

BY **WENDY SCHNEIDER**
HAMILTON JEWISH NEWS

"WHAT ARE YOUR PLANS for the art gallery?" This question, put to Alvin Lee by the distinguished art collector, Herman Levy, in 1984, at first caught the McMaster University president off guard. There were no immediate plans to expand the gallery's modest collection, Lee told his guest, immediately realizing his mistake when Levy reached for his walking stick, and said he had to be going. "Of course," he said, thinking on his feet, "if our collection were to change in an important way, we'd make appropriate arrangements." Settling back into his chair, Levy proceeded to inform the university president of his decision to bequeath his entire collection of European Renaissance and post Impressionist art to McMaster. That exchange would set in motion what would become one of the largest gifts to any cultural institution in Canada.

Born in Hamilton in 1902, Herman Herzog Levy was the scion of a distinguished German Jewish family whose name was synonymous with the family jewellery business, Levy Brothers Company. The company, founded in 1857 by Levy's grandfather, specialized in precious stones and played an important role in the development of the Canadian diamond trade. Levy purchased his first works of art at the age of 23, during a year-long apprenticeship in Amsterdam. At the age of

37, he took over the family business following the death of his father, only to sell the business two decades later to devote himself to expanding his art collection, destined to become one of Hamilton's most significant personal collections.

Lee subsequently got to know Levy whom he described as "quiet and very intense ... You could see there was a very lively mind working. I was told by people who taught courses that he took that he was a very, very sharp student with incisive questions to ask."

Indeed, Levy was a lifelong learner, whose long association with McMaster University dated back to the 1930s, when he began attending evening lectures in art history, German language and the classics, and cultivating close friendships with professors in the field.

The philanthropist was also a lifelong bachelor who shared his stately home on Undercliffe Avenue with his sister. All these years later, Alvin Lee, still vividly recalls the thrill of seeing the Levy collection in situ.

"He had quite a bit of the collection hanging on walls both upstairs and downstairs. It was a delight to be in the house because it was full of intelligent, good taste." Lee particularly remembers the image of Levy sitting in front of the fireplace in the family library, the famous Waterloo Bridge by Claude Monet hanging just above his head.

The last time Alvin Lee met with Levy was must months before the philanthropist's death in June 1990. Levy needed help with the wording of a codicil he was adding to his will that stipulated that the residue of his estate be divided equally between McMaster University and the Royal Ontario Museum (to whom Levy was leaving his collection of Chinese objects

and ceramics). There was no indication that the size of the bequest would be anywhere near the \$15.25 million that the university received nearly two years after his death.

"It was a wonderful event in McMaster's history," said Lee, "because it put a modest university gallery on the map among university galleries ... That was the breakthrough."

Herman Levy passed away in June 1990 while tending to his roses. Rabbi Bernard Baskin, rabbi emeritus of Temple Anshe Sholom, gave the eulogy to a small gathering of close friends at the family home. Baskin, who recently celebrated his 102nd birthday, remembers Levy as "a solitary and unusual individual," who had few Jewish contacts.

"He hardly ever mentioned Jewish things because he didn't live within the orbit of the Jewish community." Rabbi Baskin does, however, remember one specific conversation with Levy during which the philanthropist asked him about worthy Jewish causes.

"So I said, well there's Shalom Village," said Baskin. Shortly following that conversation, the rabbi learned that Shalom Village had received an anonymous gift of \$300,000, a gift, he suspected, came from Herman Levy.

The Hamilton Jewish Federation is delighted to host a presentation on the Herman Levy collection as part of its J-Talk series on Thursday, May 12 at 1 p.m. The presentation, titled, Herman Levy: The legacy of Hamilton's great art collector, will be given by McMaster Museum of Art's chief curator, Carol Podedworny either on Zoom or at J-Hamilton at 1605 Main St. W. in Hamilton, depending on COVID-19 protocols. To register, follow the links at jewish-hamilton.org or call 905-648-0605.



MCMASTER MUSEUM OF ART COLLECTION



Herman Levy in a portrait composed and photographed by Yousuf Karsh, one of the world's pre-eminent masters of portraiture

Red Rocks and Foam, c. 1898 Roderic O'Connor (Irish, 1860-1940) oil on canvas. A gift of Herman H. Levy in 1984 to the McMaster Museum of Art.



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BLAST FROM THE PAST

TEST YOUR KNOWLEDGE OF THE SPECIAL PEOPLE AND PLACES IN HAMILTON'S JEWISH HISTORY



Wendy Schneider

WELCOME to Blast from the Past, a 36-question quiz designed to get your mental juices flowing and test your knowledge and recall of the places, people and events of 100 plus years of Jewish Hamilton history. You will be surprised at the depth and range of our city's Jewish past. Warning: You may need to check with your bubbe and zaidy on this one or the friends you've made since you've moved to Hamilton because Google may not be of much help to you for this quiz.

The Quiz

- Hamilton's three main synagogues were originally located in the downtown core and commonly referred to by the streets on which they were located. What were these names, what country did their founders immigrate from, and which of those synagogues is pictured here (11).
- Name two other synagogues from that early period, one of which had its contents moved to Shalom Village.
- What local beach (09) did many Jewish Hamiltonians frequent during the summer months?
- What was the name of this popular Hamilton eatery (04) and who was its owner? Name two popular items on its menu.
- What is this Vine Street building's (05) claim to fame?
- Hamilton's chief rabbi, Rabbi Samuel Levine (08) presided over this event. Bonus question: With what synagogue was he affiliated and who is the other gentleman shown here?
- Which Israeli Prime Minister (06) spoke from the Beth Jacob pulpit in the early 1980s, and what future Israeli Prime Minister spoke at a Pioneer Women's meeting in pre-State days?
- Name this local Jewish celebrity (07) affectionately known as Hamilton's "mayor of the morning" and the radio station for which he worked.
- This musician and band leader (01) played at many Hamilton simchas in the 1950s.
- Rabbi Bernard Baskin (02) was one of three community rabbis who served their respective congregations for several decades. Who were the other rabbis and what birthday did Rabbi Baskin recently celebrate?
- Which beloved Hamilton pediatrician was never seen without his bowtie?
- Which charismatic Hamilton rabbi organized two trips to Israel in the mid-1960s for Jewish teenagers and what Israeli Prime Minister is shown in this photo (10)? Who else do you recognize?
- Thanks to her efforts, this founding



01



02



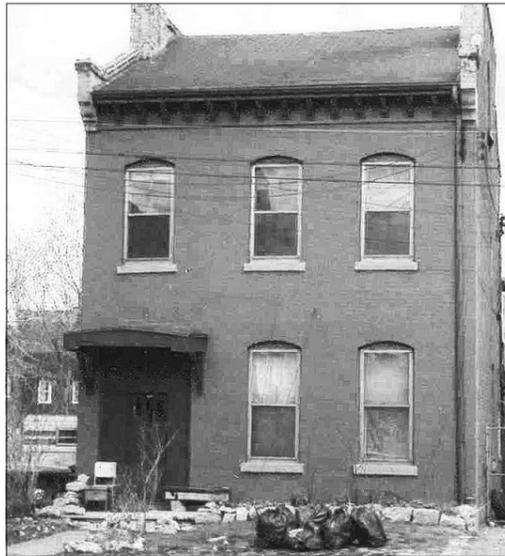
03



04



08



05



09



06



10



07

- executive director of Shalom Village (03) made the dream of a Jewish home for the elderly in Hamilton a reality.
- What was the name of the school pictured (12) and what was the language of instruction?
- This street was home to several Jewish-owned furniture stores in the 1940s, '50s and '60s? Name the street, the stores, and, for bonus points, other Jewish-owned furniture stores located elsewhere in Hamilton's downtown core.
- Name the Jewish founder (18) of CHML and CHCH TV, and the popular children's television series he created.
- Who are the people in this group (14) and under what circumstances were they allowed into Canada in the era of "None is too many?" Bonus question: Who are their most well-known descendants?
- Who are these "three amigos" (16) and what is their claim to fame?
- What popular community event is pictured here (17) and where was this photograph taken?
- What was the original name of the Hamilton Jewish News?

- What earlier Jewish newspaper was published in Hamilton, what was its language of publication, and who was its editor?
- Name the rabbi and Jewish educators in this photograph (15).
- What is the Chevra Kadisha, where was its original location, and where is it located today?
- In what Hamilton neighbourhood was it once forbidden for Jews to own property?
- Name (at least) five Jewish families who dominated the scrap metal industry in the mid-20th century.
- What was the name of Hamilton's infamous Jewish organized crime figure and where is she buried?
- Name at least six Jewish clothing retailers from 1960s Hamilton.
- Name four Jewish women's organizations that were active in Hamilton between the 1960s and 1990s.
- Who founded the Jewish community's Out of the Cold program and who is its current coordinator?
- Which Jewish organized event raised tens of thousands of dollars for many Hamilton causes and who was

- its longtime chair?
- Where is Hamilton's Jewish Community Centre currently located and how many of its previous incarnations can you recall?
- Hamilton of the 1930s to '60s boasted several great Jewish delis. Name at least three of them.
- Name the locations of at least three of Hamilton's six Jewish cemeteries.
- No longer an entity on its own, this Jewish association was "adopted" by the Royal Canadian Legion Branch #36.
- Name (at least) five Jewish Hamiltonians who've made it either in Hollywood, on Broadway, or are media personalities.
- The humble cucumber is a coast-to-coast delicacy because of this local family.



11



13



16



12



14



17

Answers

1 Temple Anshe Sholom, founded by German Jews, was on Hughson Street; Beth Jacob Synagogue, founded by Lithuanian Jews, was known as the Hunter Street Shul; Pictured is the Adas Israel, founded by Polish Jews, and known as the Cannon Street Shul.
 2 Ferguson Avenue and Hess Street Shuls. The contents of the Hess Street Shul were transferred to Shalom Village.
 3 Station 26 on the Hamilton beach strip.
 5 The Chicken Roost, owned by Max Mintz. Menu included chicken on a bun, shrimp and lobster salad, apple and blueberry pies and butter tarts.
 5 Canada's oldest JCC
 6 The official opening of the Delaware Avenue JCC. The other gentleman is CHML founder Ken Soble.
 7 Menachem Begin, Golda Meir
 8 Paul Hanover. He worked at CHML.
 9 Syd Levy
 10 Rabbi Bernard Baskin, Rabbi Israel Silverman and Rabbi Morton Green. Rabbi Baskin just celebrated his 102nd birthday.
 11 Dr. Harry Hotz
 12 Rabbi Eugene Weiner, Prime Minister David Ben Gurion; others include Alan Silbert, Barry Smurlick, Howard Goldblatt, Paula Smurlick, Susan Levy, Pearl Koskey, Sasha Swaye, Libby Caplan, Robbie Gooblar, Robert Till, Howard Goldstein, Michael Miller, Michaele-Sue Goldblatt, Susan Feldman
 13 Sheila Burman
 14 Hamilton's "shule." Yiddish
 15 Ottawa Street. Adlers, Home Outfitting, Union furniture, Adler's, Dominion furniture, Zacks, Wunder furniture, Ontario Furniture and Liberty House Furniture
 16 Ken Soble; "Tiny Talent Time"
 17 These Czech Jewish refugees were admitted to Canada in 1938



15



18

under the assurance that they were Christian farmers. Their most famous descendants are the Loewith family.
 18 Beloved Delaware Avenue JCC's communal professionals athletic director Max Rotman, executive director of Council of Jewish Organizations, Bill Stern; JCC youth director, and in later years, executive director, Sam Brownstone.
 19 The Morris Black Public Speaking Contest at the Lower Lions Club Rd. JCC.
 20 The CJO News
 21 The Yiddish language newspaper, Jewish Voice of Hamilton, was published by Henry Balinson
 22 Members of Hamilton's Talmud Torah pictured here include Rabbi Morton Green, Ms. Sylvia Kroach, Rabbi Katz, Rabbi Alon, Mr. Seidenfeld.
 23 The Jewish burial society, located at 54 Vine St. Today's United Hebrew

Memorial Chapel is on 28 Ewen Rd.
 24 Westdale
 25 The Goldblatts, Hotzs, Hoffmans, Levys, Paikins, Waxmans, Rochwergs, and Morris Lax.
 26 Bessie Starkman. She is buried at the Ohev Tzedec cemetery on Upper James.
 27 Chuck Matchen, Rainbow Shop, Fosters, Fay Jackson, Sherman Men's Wear, Milli, Levinson Shoes, Lou Davidson, Modern Furs, Miller Shoes, Morgensterns, Leons, Marvin Caplan Apparel, Nadel Furs, to name some.
 28 Hadassah, Na'amat (formerly Pioneer Women), National Council of Jewish Women, ORT, Emunah
 29 Gloria Silverman; Cindy Richter
 30 The B'nai Brith Sports Dinner was chaired by Jeff Paikin
 31 JHamilton on 1605 Main St. W. Previous locations of what was known as the Hamilton Jewish Centre were

located on Vine St., John Street N., followed by the Jacob N. Goldblatt Jewish Community Centre on Delaware Avenue and later, Lower Lions Club Road in Ancaster.
 31 Boleslavsky's, Bill Cohen's, Scott's Delicatessen, The Haimishe, Switzer's, Waxy's
 33 The Adas Israel cemetery on 575 Old York Rd. and Adas/Ohev Tzedek cemetery on 1224 Upper James St., Beth Jacob and Stanley Sobol cemeteries at 1250 and 1400 Snake Rd., Grand Order of Israel cemetery at 1250 Snake Rd., Temple Anshe Sholom cemetery at 427 Limeridge Rd. E.
 34 The Maccabees
 35 Eugene Levy, Caissie Levy, Steve Paikin, Lenny Blum, Danny Goldberg, Ariel Shaffir
 36 Strubs

Adas Israel congregation

ADAS ISRAEL STAFF

THE LASTING EFFECTS of Covid-19 are multifold. Beyond attacking respiratory systems, the fabric of “community” has been eroded. While some found safety and comfort in solitude, many others felt lonely and abandoned. As society begins to rebuild broken worlds, King David instructs, “Olam Chesed Yibaneh,” which means, “Worlds must be built through loving-kindness.”

Last fall, the Adas hosted a town hall meeting titled, Building Back: Reconnecting in a Post-lockdown World. The event was well attended in-person and via Zoom, and injected fresh perspectives and ideas on “cautiously moving forward” from the diverse participants.

From this event, a new initiative was launched by Michael Abramowsky and Robert Paling called Aleinu, the name of the final prayer recited at the end of each prayer service. Aleinu means, “It is up to us.” It is a call to action. The Aleinu initiative aims to build a caring community through the Aleinu hotline, which was established based on needs identified by a community survey, including house sitting, visiting the sick, senior welfare calls, deliveries, household and handyman help, car and roadside assistance, and community security.

Aleinu co-founder Michael Abramowsky is pleased to see how the Adas Israel community has rallied behind the initiative. “Since our official rollout, we’ve gotten a terrific response both from potential volunteers as well as from those in need of services. I look forward to connecting with the broader Hamilton Jewish community, as well as expanding our range of services.”



COURTESY ADAS ISRAEL

Aleinu co-founder Michael Abramowsky displays the newly refurbished defibrillator recently installed at the Adas Israel.

Aleinu’s other co-founder, Robert Paling, remarked, “The community welcomed me and my family with open arms nearly 10 years ago, and I felt it was important to give something back. I think time is more precious than money, time to help our neighbours, to care for the ill, and time to support others. We are hoping through this initiative to give other people the opportunity to give of themselves too.”

If you know someone who needs any of the services that Aleinu provides, or to volunteer, please call: 905-519-6903 or email: aleinu@adasisrael.ca.

Adas Youth Organization

DOVI SIDERSON

REPLETE with rapid changes of pace and vengeful plot twists, the book of Esther or Megillat Esther is an exciting read. Dynamic themes and moral lessons lie beneath the story’s surface. Megillat Esther is more than just history. It is a Jewish guide for life, across time and space.

Purim’s perils were both born and solved at a mishteh, the Hebrew word for feast. It’s during a feast that Queen Esther exposes Haman to Achashverosh at the Megillah’s climactic turn-of-the-tables. The victory celebration in Shushan of old and our own individual Purim celebrations take place at feasts.

Why does the Purim story revolve around a mishteh? I believe that the importance of mishteh is its malleability. It’s neither good nor bad, rather, it is defined by the personalities around its tables. Most Jewish holidays are marked by joyous feasts, but feasts can also be malevolent gatherings. The sordid Roman Saturnalia and the pious Bnei Brak seder were feasts; but it was the characters of a mishteh define its moral nature.

We find ourselves in neutral situations, and we define our surroundings. For two years, Covid constrained us; for two years, there were no feasts. Immutable restrictions surrounded us; but we didn’t care about the facts around us. From Zoom parties to “in a box” events and outdoor kiddush, we stayed positive and strong. I congratulate us all.

But now, feasts are back, NCSY and Shabbatons have returned, and our flame is reignited. This is our time to seize the moment and infuse the mishteh with positivity and gratitude.

Career Opportunity

Beth Jacob Synagogue, located in Hamilton Ontario, is a welcoming, inclusive, egalitarian, traditional Jewish community. We are committed to the educational, cultural and religious needs of our members. We embrace Jewish values and community service to improve the well being of our membership and of our larger community.

We are looking for a synagogue administrative manager who can nurture these values in their management of the day to day running of the synagogue. They should be personable, a problem solver, well-organized, detail-oriented and a multi-tasker.

The synagogue administrative manager is a collaborative team-player, providing administrative and logistical support for congregational and educational programs as well as overseeing the synagogue office and house staff. They will work closely with the Rabbi on all matters relating to the overall vision of the synagogue and will report directly to the president of the board.

Compensation

Competitive salary commensurate with experience.

Application process

Please contact or send resume with cover letter to: bethjacobjobs@gmail.com. The position will remain open until filled.

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Kehila Heschel



COURTESY OF KEHILA HESCHEL

Kehila students learn the essentials of indoor gardening to grow food for the kosher food bank.

ANITA BERNSTEIN

RESILIENCE SKILLS have been crucial in helping students deal with challenges and changes brought about by the restrictions imposed by the Covid pandemic. Kehila Heschel's unique integrated curriculum fundamentally incorporates the combination of skills which support the development of a resilient student. Kehila Heschel School is not just about academics; it is an environment in which students thrive and grow in their learning process as well as in their social and emotional competence.

How does Kehila Heschel teach resilience in the classroom? The curriculum focuses on the whole student. Teachers encourage collaborative projects, problem solving skills and programs that teach social values. Through its eco-school and social action projects, Kehila is teaching students that they have the ability to make a difference in the world around them. Our vegetable and herb garden project has given students a sense of purpose as they take satisfaction in donating their bounty to the kosher food bank.

Remote and in-person learning options kept our 'kehila' connected and provided a safe, consistent and dependable learning environment at a time when inconsistency and uncertainty was common place. When students returned to in-person learning, Kehila Heschel increased resource support to assist those students who had found remote learning challenging.

As new families explore the option of Kehila Heschel for their children, they ask how well our graduates have transitioned to middle school, especially during a pandemic year. Here is what students and their families shared with us:

- Well prepared academically and in many areas ahead of their classmates
- Adapted quickly to differences in delivery of curriculum and size of school
- Made new friends yet retained strong friendships as they keep in touch with classmates

Want to see Kehila Heschel in action? Call 905-529-7725 and book a tour today.

TAS Religious School

DORA-ANN COHEN ELLISON

TEMPLE STUDENTS are back in-person for engaging, creative and hands-on Jewish learning. I would like to take the opportunity to thank our amazing teachers, Ellen Orgel, Rebecca Sampson, Sonja Botnick, Cantor Baruch and Rabbi Cohen, for continuing to create new and exciting lessons as we moved back and forth between online and in-person. Each year



our Jewish learning program explores and reinforces connections to our greater Jewish community. This year, our students explored the many ways that Hamilton Jewish Federation, Hamilton Jewish Social Services (HJFS) and JNF support communities in Hamilton, Canada and Israel. In December, we combined our efforts with Kehila Heschel students to collect food for Carol's Cupboard kosher food

bank and we're repeating our efforts leading up to Passover. Our community building activities continue in May, as we look forward to hosting our next Temple/Beth Jacob Synagogue joint program, at a Lag Ba'Omer sing along and party in the park.

Families with children of all ages are invited to Zoom into our family seder on Saturday April 16 at 5 p.m.

This 30-minute seder will engage our families in Passover rituals in an interactive and age-appropriate setting. Get your matzah, charoset, maror, parsley and egg ready as we join together for Passover.

September 2022 Kindergarten registration is being accepted now. To receive more information about our religious school, please email dacellison@anshesholom.ca or visit anshesholom.ca.

Beth Jacob Synagogue

BRENDA BURJAW

THE WORLD we live in continues to present challenges and opportunities. As a community we have navigated this pandemic together. We've found innovative ways to connect and practice our traditions. We have learned how best to advance our Jewish collective knowledge. We now fully understand the true value of good health and caring for others, while collectively adjusting to the "new normal."

Like many Conservative congregations, Beth Jacob is evaluating how we do things, implementing strategic changes to ensure a sustainable future, and developing creative ways to offer enriching programs. We are proud that our staff and volunteers are achieving excellent results

As we continue to explore opportunities to meet our goal of financial sustainability, we need you as members of the community to be engaged. We need to keep our collective energy focused on success. Some people thrive in an environment of change, and others take a bit longer to see the benefits through the risks. All opinions are valuable. Together we are better and can

transition into a stronger community.

Our Hebrew School has transitioned back to in-person classes, our volunteers continue to find ways to support our members, and our board and committees are working to provide new programs and processes to save or raise funds. We continue to find ways to give back by supporting Out of the Cold and attending webinars, and fundraisers of other groups in our larger community. We hope you will sign up for Beth Jacob programs and attend our services, so that you too can help us develop a future that you want to be part of.

With the recent news from Rabbi Hillel Lavery-Yisraeli that he and his family will depart Beth Jacob this summer, we are saddened by the departure of a friend and leader. We ask the Hamilton Jewish community to help us wish them all the best in their future endeavors, and to join us in welcoming whomever and whatever comes next to our resilient family shul.

To learn more please call: 905-522-1351, email: office@bethjacobsynagogue.ca or on Facebook at: [bethjacobsynagogue.ca](https://www.facebook.com/bethjacobsynagogue.ca).

Temple Anshe Sholom

RABBI JORDAN COHEN

TEMPLE ANSHE SHOLOM has reopened for in-person services and religious school classes, but we will continue to stream all services and programs online. Thanks to a generous donation from our rabbi emeritus, Rabbi Bernard Baskin, who recently celebrated his 102nd birthday, a new audio-visual system has been installed in our main sanctuary. This system provides a greatly improved online presentation for all of our services and does not interfere with the experience of our worshippers in the sanctuary.

Join us for an online community seder on the first night of Pesach, featuring songs, stories, and traditional readings for

family members of all ages. Sign up in advance at vanshesholom.ca.

Join us for the Passover festival morning services either in-person or online.

Spring programs include a very special series of our online Breakfast Club. These "Next Generation," presentations will feature young members of our congregation sharing the exciting work they are pursuing. Presenters include Nathan Apel discussing cryptocurrency, Daniel Konikoff sharing his research on cybercrime, and Ben Criger presenting his work on quantum physics. We are so proud of our young people and look forward to learning from them.

Hamilton Hebrew Academy

HHA STAFF

THE HAMILTON Hebrew Academy, like many schools, has continuously adapted to the COVID pandemic. To better understand how the school is to adapt going forward, we interviewed Sarah Ephrat, a grade 8 student, to hear a personal account from the student perspective.

How did you feel the school community kept you connected during COVID?

The school kept me connected by putting so much effort into having fun over Zoom and in-person, such as Shabbat parties and Zoom Maccabiah. It didn't always turn out perfectly, but it's the effort that made me smile. We also had sushi, and Rabbi Morel signed a petition so the Grade 8s could wear out-of-uniform sweaters. The school understood the struggle and helped us along the way. It still does.

What moments do you recall that strengthened you during COVID?

I think COVID took so much away from us, that, once we went back to our "normal" schedule, it was like rain in a desert: valuable. I knew I enjoyed school, but once

the first lockdown receded, I was grateful for every Hallel song on Rosh Chodesh, every laugh with friends and every sentence the teacher spoke that wasn't warbled by unstable connection. Compared to the lockdown, everything was sweetly caramelized now, like a golden ray of sunshine was shooting out of my eyes. That doesn't mean I wasn't aware of the toll COVID had placed on all of us, some more than others. It was difficult, but I got through it by focusing my attention on piano, time with my friends and my studies. I focused on what I could to distract from COVID. Luckily, it wasn't hard to find beautiful things in my life. Everyone has them. It just depends on your outlook.

What tools did the school equip you with during COVID for future challenges?

Unity. Definitely unity. It doesn't matter if you got the vaccine, if you didn't, if you don't agree with the mandates or if you do. All that matters is achdut (Unity) and ahavat yisrael (love for one's fellow Jews.) I have learned that everyone deserves to be included, no matter who they are.

Shalom's resilient residents

As the pandemic wears on and wears on us, the residents of Shalom Village share their wise advice

LAURIE PRINGLE

THROUGHOUT the pandemic, I have been impressed by how Shalom Village seniors have managed to stay positive and hopeful. It doesn't matter what is going on in the world, our seniors are incredibly resilient. They have a unique ability to appreciate the gravity of pandemics and world politics, while still finding joy, and offering everyone kindness and warmth.

With the situation in the Ukraine creating even more anxiety around the world, I wanted to check-in on our seniors and ask them how they're doing and ask for some tips to help us all better cope in an increasingly uncertain world.

Our seniors have lived through world wars — many were born during the Holocaust, or to parents who survived the Holocaust. Others have lived through polio, the measles, economic collapses, civil and equal rights revolutions and more. If anyone can give us useful information for managing through a pandemic, it's Shalom Village seniors!

I approached some of our residents and received some excellent advice. But what struck me, wasn't that they had any unusual tips or tricks to offer — but that they all shared the same attitude.

"You just have to choose to be happy," said Wilma Wash. "Just pull up your socks and get on with



Pat Proctor, a Shalom Village resident, is blessed with a heartfelt optimism.

PHOTO BY LAURIE PRINGLE

it," said Bobby McGill.

"Focus on what you can do, not what you can't," said Pat Proctor.

Despite having survived countless struggles, persecution, trauma, and catastrophe, the Jewish people have persevered, even thrived. As we prepare for Passover, we are reminded of these struggles. So, it's not surprising that our residents, and especially our Jewish residents, demonstrate incredible resilience. So how can we capture that resilience and draw upon it when we need it? To help, here are a few tips from our residents:

Keep busy. Learn knitting, or something that keeps your hands busy. Busy hands equal a calm mind.

WILMA WALSH

Stop watching the news and read a great book! There are millions of great adventures waiting for you inside a great book. Grab one, and let your mind be carried away to something wonderful.

BOBBY MCGILL

Be Silly! Dance, mess up your hair and look crazy. It's hard to be upset

when you have hair like Einstein and you're jumping about. Use technology to keep in touch. It may not be the same as seeing someone in person but being able to see and talk to people online is an amazing way to remain connected. Use it!

PAT PROCTOR

Be grateful and share your gratitude with the people around you. Every day I make a point to remember how grateful I am for Shalom Village and all the wonderful staff here. I also make a point to tell people that I appreciate them. It helps me to focus on the good that's in front of me, and hopefully, it brightens someone else's day too!

BOBBY MCGILL

There you have it! Words of wisdom from the very wise, very funny seniors of Shalom Village. Now, for my advice to you... If it all feels too overwhelming? Find a senior and have a chat. I promise, you'll feel better instantly. Better yet, join us on May 29 for the official opening of the Shekter Lock-in Your Love Memorial Garden.

Watch for more details at: shalomvillage.ca.

Jewish Family Services



Susan Roth, Louise Klinghoffer and Hanna Schayer prepare sponsor packages for Jewish Family Service's recent fundraiser for its kosher food bank.

PHOTO BY CHRISTINE NUSCA

As the pandemic wears on and wears on us, the residents of Shalom Village share their wise advice

ALEXIS WENZOWSKI

THERE is an old Jewish proverb that says, "I ask not for a lighter burden but for broader shoulders." These wise words are really all about resilience.

The past two years have forced all of us to access the inner-strength we probably never knew we had. At Hamilton Jewish Family Services (HJFS), our resiliency was scaffolded by the overwhelming support of our community, our volunteers, our staff and our sister agencies.

It was your support that broadened our shoulders and let us know that we were all in this together. If we can carry this sense of unity and solidarity forward into the great unknown, we will continue to be resilient in the face of whatever challenges the future may have in store.

In February, HJFS held its annual fundraiser for the Hamilton Kosher Food Bank. This

event included virtual entertainment by talented individuals who generously donated their time, a silent auction, and an opportunity to order Passover wine. Thanks to your support, we raised close to \$50,000 for HJFS food security programs. In a year when food prices are expected to rise 7 per cent, these funds will help to ensure that we are able to continue our strong unified Jewish response to food insecurity.

As HJFS transitions into the "new normal," we invite you to get involved in the work we are doing. Consider volunteering with us by making friendly phonecalls to seniors, gardening, supervising a craft program, or organizing pop-up food drives. We also invite you to check out the many programs we offer to help people navigate life's challenges, including counselling, employment workshops, financial assistance, and public education workshops.

Happy Passover Hamilton. May we continue to go from strength to strength. Together.

To learn more, please visit our website at: hamiltonjfs.ca or e-mail: info@hamiltonjfs.ca.



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JNF invests in climate solutions



SHUTTERSTOCK

JNF CANADA

THE JEWISH National Fund has long been equated with environmental work and our recent Tu B'Shevat Campaign raised funds towards finding solutions to climate change. We are proud to focus our endeavours on conservation and the environment.

Israel has earned the nickname of Start-Up Nation for its numerous breakthrough technological innovations and having the most startups per capita of any nation in the world. However, much of the innovation has been in the areas of internet, medicine, and financial technology where there is greater funding. In the interest

of spurring increased funding and investment in green technology, JNF of Canada has partnered with Start-Up Nation Central and the Peres Center for Peace and Innovation to incentivize and support breakthrough climate solutions through the Climate Solutions Prize.

Because of its organizational DNA, JNF is uniquely positioned to facilitate an initiative which will build on its existing achievements to safeguard them while making an even greater impact. The Climate Solutions Prize, valued at \$1 million, is designed to inspire Israel's best minds to

find solutions towards the climate crisis, and will be awarded annually to the top teams in Israel that devise the most promising research in this field. This will be an unparalleled competition to incentivize Israeli researchers and startups to find solutions to climate change.

The first winners will be announced at the Climate Solutions Festival in October 2022 — a large-scale global summit and startup expo.

To donate to this profound initiative, please contact the JNF Hamilton office at: 905-527-5516.

Wildfires fueled by conditions resulting from climate change are an increasing danger in Israel as, indeed, they are now in many countries worldwide.

SNAP advocates for more inclusivity in the community

ANITA BERNSTEIN
SNAP COMMITTEE CHAIR

HAVE YOU heard of SNAP, Hamilton Jewish Federation's Special Needs Action Project? If you're a parent, family member or professional providing support to a child or adult with special needs, disabilities or mental health conditions, we can help. SNAP evolved as a way to provide families and professionals offering support for individuals with special needs information about resources in the Hamilton Jewish community. Our mission is to create a more inclusive Jewish community, where there are no barriers to equity, diversity and quality of life, education and social opportunities for individuals with special needs.

Over the last five years, SNAP has helped local Jewish organizations develop strategies to achieve better accessibility and inclusion; created a fund that provides bursaries towards psycho-educational assessments for families in need; delivered workshops for families and professionals supporting individuals with special needs; provided training

for organizations to help identify individuals with mental health conditions; joined advocates from across Canada in meetings with Members of Parliament to raise awareness, educate and advocate for the needs of Jewish individuals with disabilities and mental health conditions.

Moving forward the committee plans to:

- Provide a forum for family members of individuals with special needs.
- Deliver training workshops for educators, support workers and camp counsellors as they support children and adults with special needs.
- Continue to provide bursaries (a limited number are available) towards psycho-educational assessments for families in need.
- Develop innovative, inclusive community programs for individuals with disabilities and mental health conditions.

If you need additional information or are aware of a family requiring support for a child or adult with special needs, contact the Hamilton Jewish Federation at 905-648-0605 and leave a message for SNAP chair Anita Bernstein.

Happy Passover

The lawyers and staff at
Ross & McBride LLP
wish the entire community
Happy Passover.

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