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**Hamilton
Jewish**

News

SEPTEMBER 2025 | TISHREI 5786

The voice of Jewish Hamilton

Hamilton's emerging Jewish leaders

Federation brings fresh voices and dynamic energy into Jewish community life

BY **WENDY SCHNEIDER**
 HAMILTON JEWISH NEWS

HAMILTON'S JEWISH community is fortunate to have a new wave of emerging lay and professional leaders, bringing fresh ideas and a deep commitment to ensuring Jewish continuity. Their growing involvement is the result of intentional outreach by Hamilton Jewish Federation CEO Gustavo Rymberg, who has prioritized engaging professionals under 40 for his team and recently welcomed four new board members under 45. For generations, Jewish communities have recognized that investing in young leaders is essential to ensuring a thriving and enduring community. The individuals highlighted in the following pages embody that promise, offering both inspiration and confidence in the continued strength of our community.

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LEADING VOICE IN BREAST CANCER RESEARCH
JOINS HAMILTON HEALTH SCIENCES.

SEE P10



PHOTO: WENDY SCHNEIDER, HAMILTON JEWISH NEWS

Federation CEO Gustavo Rymberg takes a moment at the organization's annual general meeting last spring to pose with new Federation board members (from l to r), Misha Apel, Joda Eisenberg, Leora Sas van der Linden, and Aviva Millstone.

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New Yorker story reflects the truth of our time

David Bezmozgis lays bare the generational rifts of this chapter in Jewish history

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Alert and unbowed, we must all stand together as one



Gustavo Rymberg
CEO
HAMILTON JEWISH FEDERATION

On July 25, 2025, the Hamilton Police Service released its 2024 Hate Crime Statistics report: 297 hate-bias incidents and criminal offences were recorded — a 35 per cent increase over the previous year (hamiltonpolice.on.ca). This alarming rise feels deeply personal to our community.

This surge reflects acts of vandalism, harassment, threats, and bias that make Hamilton’s Jewish families, public-school students, community leaders, and faith institutions feel targeted and unsafe. Prior reports indicate that the Jewish community has long been disproportionately victimized: in 2022, more than half of all religious hate-bias incidents targeted Jews, and most were vandalism such as graffiti. Earlier still, in 2021, religious bias incidents involving the Jewish community spiked amid broader tensions (Global News).

Recent data also show that between Oct. 7, 2023 and Jan. 12, 2024, Hamilton Police logged 26 hate-bias incidents, of which 21 specifically targeted the Jewish community. Staff at the Federation even received death threats.

These local trends correspond with a disturbing national escalation. Across Canada, antisemitic incidents rose from 5,791 in 2023 to a record 6,219 in 2024 — the highest annual total since monitoring began in the 1980s. Internationally, increases have been tied to the Hamas war beginning Oct. 7, 2023, which triggered widespread antisemitic incidents in North America and Europe.

While Jews represent only about 0.5 per cent of Hamilton’s population — approximately 5,000 individuals according to the 2021 Census, the scale of incidents shows that our community experiences a disproportionate share of hate-bias reports. The increase in 2024 is a stark reminder: we remain vulnerable in schools, workplaces, public spaces, and online.

Our Response and Our Call to Action

1. ADVOCATING FOR SECURITY AND SUPPORT
As previously urged by our leadership, we call again on Hamilton Police Service and city council to acknowledge this disproportionate targeting and to continue investing in protective measures for Jewish spaces — synagogues, community centres, schools — without added financial burden on our institutions or families.

2. EDUCATION AND COMMUNITY PARTNERSHIPS
We reaffirm our commitment to educational outreach — working with schools and civic partners — to challenge misinformation, prejudice, and antisemitic rhetoric before it manifests as violence.

3. VIGILANCE AND REPORTING
We urge all community members and allies: if you witness an incident — no matter how minor — report it. Timely reporting builds awareness, supports prosecution when necessary, and ensures each act is part of a broader effort to hold perpetrators accountable.

4. SOLIDARITY AND RESILIENCE
Standing together against hate means that Jewish Hamiltonians are not alone. We are grateful for allies across faiths and ethnicities who denounce antisemitism and stand with us in solidarity. Your voices bolster ours and strengthen our city.

The rise in hate incidents is unacceptable. It is a shared responsibility — of Christian, Muslim, Sikh, Hindu, secular, and Jewish residents alike — to reject hatred in any form and to foster a city where all can live with dignity and safety.

To every Jewish person in Hamilton: your Federation remains dedicated to your security, your voice, and your belonging. Together, we will not be silenced; together, we will build a Hamilton that truly embraces diversity, resilience, and respect.

Hamilton’s Jewish community stands alert — and unbowed. We invite civic leaders, neighbours, and allies to stand with us against hate and ensure our city remains inclusive, safe, and just.

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

MP Lantsman honoured with inaugural award



Friends and family of the late Tom Weisz gathered on June 12 at the Art Gallery of Hamilton to honour the late philanthropist’s memory and award MP Melissa Lantsman with the inaugural Tom Weisz Holocaust Learning and Jewish Advocacy Award. Pictured above, l to r, are Melissa Lantsman, Danna Horwood, Sasha Weisz and Eric Weisz.

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Story captures the truth of our time

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HJN

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“Volunteerism and active participation are the lifeblood of any community” **MISHA APEL**, NEW BOARD MEMBER

New generation of Jewish leaders

CONTINUED FROM THE FRONT PAGE

THE FOUR NEW board members introduced at Federation’s AGM last May are motivated by a genuine desire to make a meaningful contribution to their community. Each brings a unique blend of personal experience, professional expertise, and deep-rooted values, and share a commitment to shape a resilient and vibrant future for the community.

Misha Apel

Misha Apel’s deep-rooted Jewish pride and passion for activism were instilled in her from an early age. The eldest of three children born to Yves and Luba Apel, who immigrated to Hamilton from the former Soviet Union in the 1990s, she was raised in a home that cherished the freedom to live openly as Jews and embraced a strong sense of community responsibility. Now based in Toronto, where she works at a Bay Street law firm, Apel maintains close ties to Hamilton and readily accepted a position on the Federation board, seeing it as a meaningful way to give back to the community that helped shape her.

“I think there’s something really special about the Hamilton Jewish community,” she said. “All the people I love are there.” For Apel, one of the most pressing challenges facing the community is a decline in volunteerism and active engagement. Her vision is to help build a stronger, more cohesive community — “one that supports and uplifts each other.”

“I think that volunteerism and active participation are really the lifeblood of any community, and that’s how we foster a sense of belonging and strengthening communal bonds,” she said. As a smaller city, Apel says Hamilton’s greatest resource is its people — both the dedicated professionals who serve the community and the many others whose potential remains untapped. “I think that there are tons of young people who want to give back.”

Joda Eisenberg

Hamilton native Joda Eisenberg, a father of two daughters nearing bat

mitzvah age, says he’s becoming increasingly aware of the importance of belonging to a strong Jewish community. The events of Oct. 7, 2023 further deepened his connection to Jewish identity — especially given that his father’s sister made aliyah decades ago and several of his first cousins live in Israel.

When asked which core values guide his volunteer work, Eisenberg — who holds a Chartered Professional Accountant designation — emphasized the importance of integrity. “Doing the right thing when nobody is watching is as important as doing the right thing when everyone’s watching ... integrity is just kind of a hallmark of being a good finance person.” Eisenberg sees the biggest challenge facing Hamilton’s Jewish community as fragmentation, and believes the Hamilton Jewish Federation can be the glue that brings the community together. “That’s really important to me,” he said.

Aviva Millstone

Aviva Millstone is deeply rooted in Jewish life and community. A Thornhill native who spent her summers at Camp Ramah, Millstone participated in several Israel-based programs, and spent a year working with the Joint Distribution Committee in Warsaw and Estonia — helping to build Jewish community across diverse backgrounds and denominations.

The mother of four moved to Hamilton during the COVID-19 pandemic with her husband, a Dundas native. Her decision to join the Federation board stems from a strong desire to give back. “Giving to my own community feels really important to me,” she says. “I think the Federation does really amazing work.” Millstone hopes to bring a thoughtful and inclusive perspective to the board. “Being open-minded to all opinions and all ideas ... but coming back to Torah and Jewish tradition to help guide us.”

Leora Sas van der Linden

When Leora Sas van der Linden moved to Hamilton from Toronto



PHOTO: WENDY SCHNEIDER, HAMILTON JEWISH NEWS

Federation staff: Maggie Norris and Jazmin Rymberg.



“I’ve seen kids go from shy, reserved Grade 8 kids to Grade 10 kids who know how to manage a room of 50 people ...” Jack Rosenbaum BBYO Mishpacha chapter leader

with her husband and three children — just months before the onset of the COVID-19 pandemic — her focus was on adjusting to a new city, a new baby, and a new role at McMaster University.

There, she oversees research partnerships between faculty, students, and community organizations in the Faculty of Social Sciences. It wasn’t until after the events of Oct. 7, 2023, that she felt a strong pull to get involved in Hamilton’s Jewish community. “As soon as I walked into the Federation office, I felt that this is my community,” she said.

Sas van der Linden believes building alliances is essential in the fight against antisemitism. “It’s a huge undertaking, but we don’t have the luxury right now of anybody sort of sitting on the sidelines. We need an all hands on deck approach to this.”

Young professionals shaping Jewish life

A strong and thriving Jewish community is sustained by the partnership of devoted lay leaders and dedicated professionals who share a common

purpose and vision. Together, they ensure that our institutions remain resilient and that Jewish life continues to flourish. In recent years, as our community has faced profound challenges, the role of these leaders has become even more vital. Their decision to invest their time, expertise, and energy in Jewish communal life is an affirmation of hope: a belief that our community is worth nurturing, strengthening, and passing on.

Maggie Norris and Jazmin Rymberg

Maggie Norris and Jazmin Rymberg, both staff members at Hamilton Jewish Federation, along with Jack Rosenbaum, BBYO’s Michpacha program advisor, are part of a new generation of leadership in Hamilton. Each brings fresh energy and a deep sense of purpose to the work they do — helping to shape the future of Jewish life in our community.

Both Norris and Rymberg immigrated to Canada as children. Norris’s family came to Hamilton from Israel

CONTINUED NEXT PAGE



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CONTINUED FROM PREVIOUS PAGE

after leaving the former Soviet Union, while Rymberg’s family was the first Argentinian Jewish family re-settled in Winnipeg through the efforts of that city’s Jewish Federation.

From a young age, Norris was drawn to working behind the scenes at community programs — a passion that now drives her work as Federation’s program director, where she plans major community events and oversees initiatives like PJ Library and other JCC programming. At the heart of everything she does is a desire to foster connection and inclusivity. She sees Federation’s role as creating a welcoming space for Jews of all affiliations in a “a safe, neutral space where they can come together.”

Jazmin Rymberg was a graduate student four years ago, when her father, Hamilton Jewish Federation CEO Gustavo Rymberg, asked her to coordinate the Federation’s international conference on antisemitism. That experience soon led to a full-time role as the Federation’s director of communications — a position she assumed just four months before the events of Oct. 7, 2023.

In the turbulent weeks that followed, Rymberg and her father worked side by side to keep the community informed and reassured during an incredibly uncertain time.

A defining moment for Rymberg came in March 2024, with the powerful outpouring of support from both Jewish and non-Jewish allies that followed the Playhouse Cinema’s cancellation of the Hamilton Jewish Film Festival, which was subsequently relocated to the Ancaster Memorial Arts Centre, where it went on to break all previous attendance records.

“Honestly,” she said, “seeing people

able to get together and celebrate their Jewishness made me feel that everything we’re doing here has a purpose.”

Jack Rosenbaum

At just 23, Jack Rosenbaum has already made a remarkable impact on Jewish teen life in Hamilton. A graduate student in psychology at McMaster University, Rosenbaum was tapped by Federation to start a local chapter of the non-denominational Jewish youth group BBYO — filling a major gap for unaffiliated Jewish teens seeking community and connection.

Beginning with only a handful of participants, Rosenbaum has built BBYO’s Mishpacha chapter to 49 members — Jewish teens from across the city, many of whom are the only Jewish students in their public school classes.

“BBYO has become a huge part of their social life and a huge part of their skill development as leaders,” he said. “I’ve seen kids go from shy, reserved Grade 8 kids to Grade 10 kids who know how to manage a room of 50 people ... it’s like this complete change that’s been just amazing.”

Federation CEO Gustavo Rymberg believes Hamilton’s Jewish future will be strengthened by the passion and vision of emerging leaders, and urges today’s leadership to stay open to fresh ideas.

“They’re going to make us stronger and more inclusive,” he said. “This is the generation that will lead the fight against antisemitism and shape our community’s future.”

Making space for them isn’t always easy, he acknowledged, “but that’s how we grow — and how our community becomes stronger.”

YOUNG LEADERSHIP OPPORTUNITY
Funding for innovative leadership initiatives



PHOTO: WENDY SCHNEIDER, HAMILTON JEWISH NEWS

Rabbi David Russo (left) held a meeting at JHamilton in August with interested members of the community about the Wexner Heritage Program.

BY WENDY SCHNEIDER
HAMILTON JEWISH NEWS

TWO MAJOR initiatives to develop the next generation of Jewish leaders in small and mid-sized Canadian communities — including Edmonton, Calgary, Hamilton, Ottawa, and Winnipeg — are now underway, backed by four Jewish foundations.

Led by the Shalom Hartman Institute of Canada and the Wexner Heritage Program, the initiatives target both professional and lay leaders. Hartman offers leadership training for professionals and volunteers, while Wexner — directed by Rabbi David Russo, a former Hamiltonian and grandson of the late Rabbi Israel and Gloria Silverman — delivers a two-year intensive in Jewish learning and leadership.

Shalom Hartman’s Canadian director, Karen Kollins, says one of the biggest challenges facing the Jewish world in the wake of October 7 is polarization. “Many Jews are rethinking

their ties to Judaism or Israel, often feeling their perspectives aren’t acknowledged ... There’s a real lack of nuance,” she said, noting that debates around Jewish peoplehood — whether defined by religion, culture, ethnicity, or Israel — have intensified. Shalom Hartman’s goal is to equip leaders to tackle such questions.

Russo says while there’s been a renewed interest in Jewish identity among some young Jews who had been distant from Jewish life, others feel disconnected from mainstream institutions. “We’re not interested in brainwashing anybody,” he said, “but we want people genuinely curious to learn from another person’s view.”

Hamilton Jewish Federation CEO Gustavo Rymberg is proud Hamilton is part of these programs. “It’s a sign that others see what we see — a vibrant, expanding community with strong leadership potential,” he said.

For more information, contact grymberg@jewishhamilton.org.



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2026 CAMPAIGN OPENING

Natasha Hausdorff: What the world gets wrong about Israel



Keynote speaker
Natasha Hausdorff delivered a powerful talk on Israel, international law, and Jewish advocacy. She later joined National Post columnist Jesse Kline for a conversation and audience Q&A.

STAFF UPDATE

Federation welcomes newcomer Nataly Minister to its team



PHOTO BY WENDY SCHNEIDER, HAMILTON JEWISH NEWS

Nataly Minister, a newcomer to Hamilton from Israel, will serve as executive assistant to CEO Gustavo Rymberg, while also lending her skills to support a wide range of Federation programming and initiatives.

#NOMOREANTISEMITISM TALKS
A conversation about identity, memory and social justice



PHOTO BY WENDY SCHNEIDER, HAMILTON JEWISH NEWS

Anthony Sherwood, an award-winning actor, director, and social justice advocate, during a presentation at JHamilton on the parallel histories of Canada’s Black and Jewish communities. The event was part of Federation’s #nomoreantisemitism talks.



Gustavo Rymberg with MP Dan Muys, who presented the Federation CEO with the King Charles III Coronation Medal in recognition of his “courageous and inspiring leadership in very difficult times.”

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Where do we expect evil to happen?

Reflections on a meaningful seminar for Canadian educators held this past summer in Berlin

BY JAZMIN RYMBERG
HAMILTON JEWISH FEDERATION

I HAD the honour of representing Margaret’s Legacy and Hamilton Jewish Federation at the Yad Vashem Seminar for Canadian educators in Berlin in July, a program in partnership with the Canadian Society for Yad Vashem and the House of the Wannsee Conference.

Berlin is a city of contradictions — alive with creativity and culture, while burdened with an unshakable past. It is both beautiful and brutal—every corner telling a story — sometimes literally. Stolpersteine, or stumbling stones, dot the sidewalks: small brass plaques embedded in the pavement outside homes where Jewish victims of the Holocaust once lived. A name, a date, a fate — each one a reminder that this history is not confined to museums. It lives here.

On a free afternoon, I joined a walking tour called The Rise and Fall of the Nazis. At one point, our Spanish guide, Alexis, turned to us and asked, “How could something so horrible happen somewhere so beautiful?” The street was charming — a tree-lined Tiergarten, golden in the late sun. The question stayed with me.

A few days later, while standing on the immaculate grounds of the House of the Wannsee Conference that overlooks the glassy lake where Nazi officials plotted the Final Solution, Dr. Matthias Haß said something equally haunting:

“Where do we expect evil to happen? In dark, ugly places? But no. It happened right here.”

And that, I think, was the most jarring truth Berlin had to offer: that atrocity doesn’t always look like what we imagine. Sometimes, it wears a well-tailored suit. Sometimes, it sips coffee by the water.

Throughout the two-week seminar, we studied the machinery of genocide, but also the power of memory,

the importance of language, and the responsibility of education. We stood in Sachsenhausen, walked through the Jewish quarter, and learned how to teach not just what happened, but how — and why.

Germany is often held up as a model for how to remember and confront atrocity. And in many ways, it is. Memorials are built into the architecture of the country, antisemitism is formally condemned, and public education includes Holocaust curriculum. But while these efforts are significant, the reality is far from idyllic.

At Sachsenhausen, our tour guide Christina shared that, since Oct. 7, 2023, much of her work with student groups has begun to feel senseless. “They refuse to learn about the consequences of hate ... They come here looking for answers to the present, comparing current politics, but they don’t want to listen,” she said. Her words were heavy with disillusionment, echoing a deeper truth: even in places built for remembrance, forgetting — or refusing to confront the past — still happens.

During a panel discussion, one of the panelists bravely shared how their own son had experienced antisemitism at school in Berlin — so much so that he eventually had to be moved to a Jewish high school and later relocated to Israel. This story left the room quiet. It challenged the idea many of us came in with — that Germany had somehow “figured it out.” There is still fear. There is still hate. And while the infrastructure of memory is robust, it doesn’t always protect the people living inside of it.

Still, I was comforted by signs of solidarity throughout the city — the Israeli flags hanging from city buildings, the posters of hostages displayed on walls, and candles laid out in remembrance. These gestures don’t erase the challenges, but they do reflect a kind of public presence that’s vital.

A highlight was our visit to the Jewish Museum, guided by the brilliant Randi. After touring an exhibit on Jewish contributions to civilization, I turned to my group and said:

“I know there’s a conversation here in Germany about making visits to concentration camps mandatory. But I think this should be mandatory too — seeing how Jewish people have shaped the world. This humanizes us. This celebrates us ... because Holocaust education should also be about Jewish life — our culture, our joy, our brilliance.

The Friday prior, I stepped out to attend a Latino Shabbat service in Kreuzberg-Neukölln, a neighbourhood known for its eclectic energy and buzzing nightlife. Amid the clinking glasses and laughter spilling from bars, a small community gathered quietly to mark 31 years since the AMIA bombing in Buenos Aires. We sang, lit candles, and remembered. And in that unexpected pocket of the city, I felt both the ache of diaspora and the comfort of shared mourning.

In the Bavarian Quarter, we encountered another quiet but powerful memorial: the Places of Remembrance installation. Suspended from lampposts were signs quoting Nazi-era laws that gradually stripped Jews of their rights — “Jews are no longer allowed to keep pets,” “Jews must sit on separate park benches,” — floating against the backdrop of apartment buildings and cafés. It’s a jarring juxtaposition. But that’s the point. These weren’t distant events. They happened in familiar neighborhoods, in ordinary lives.

The seminar ended with a deeply emotional session called “These Are My Last Words,” led by Anne Lepper of Yad Vashem. Each participant read aloud a final letter, note, or testimony from a Holocaust victim. As we finished, one non-Jewish participant spoke up. “These are just 20 stories we’re reading out,” she said, “but if people could understand that there are six million of these stories, maybe they’d understand more.”

Another insight that resonated with me came from Jordan Rappaport, an education consultant at York Region District School Board, who pointed out that most students’ first exposure to the Jewish community is through the Holocaust, which perpetuates a narrative that the Jewish experience



PHOTO: COURTESY JAZMIN RYMBERG

lives and breathes in trauma and victimhood. Instead, he suggested, there needs to be a “continuum of learning.”

“In Grade 2, we could teach about traditions and celebrations of the Jewish communities of the Middle East and North Africa. In Grade 4, about ancient civilizations ... That way, when students reach Grade 6, they’ve already encountered the breadth and depth of Jewish life,” he said.

The group bonded in a way that felt almost fated. People of all backgrounds shared stories and supported each other. Even now, we continue to stay connected in our WhatsApp group. It reminded me that learning and healing happen not just in classrooms or memorials — but through human connection.

This journey began years ago, when I organized Federation’s #NoMoreAntisemitism conference in 2022. A Yad Vashem representative in attendance urged me to apply for the seminar, to which no other Hamiltonian had applied, saying, “You should do it. You are perfect for this.” I am deeply honoured to have represented Hamilton and even more moved by how this journey unfolded.

Jazmin Rymberg with Marc-Olivier Cloutier, manager of education initiatives at the Azrieli Foundation on the grounds of the House of the Wannsee Conference.



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Beth Tikvah’s story of growth has defied expectations

Hamilton Jewish social service agency has stayed true to its history and founders values

BY **WENDY SCHNEIDER**
HAMILTON JEWISH NEWS

THE STORY of how Hamilton’s Beth Tikvah Foundation came into being begins with a devoted brother’s vision of a warm home-like environment where his two developmentally delayed brothers could live out their lives with dignity in the heart of the Jewish community.

Stan Tick’s vision became reality in 1990, when his brothers, Bernie and Teddy, together with four others moved into a modest house on Arkell Street in Westdale.

For the next 24 years, despite Beth Tikvah’s efforts to build its presence in the Jewish community, uncertainty lingered over whether the provincial government might eventually fold the agency into one of the city’s larger social service providers.

That trajectory changed in 2014, when the board — under the leadership of the late Frank Simkevitz — hired Chris Barone as executive director. Barone still recalls Simkevitz encouraging him to see Beth Tikvah as a blank canvas — an opportunity to shape something lasting. It was a challenge Barone felt compelled to accept.

“I was the director of services at Rygiel Supports for Community Living, overseeing 36 homes and 300 staff,” Barone recalls. “If I stayed, I’d be continuing what someone else had built. But with Beth Tikvah, I had the chance to create something new — something rooted in everything I’d learned throughout my career, including past mistakes and improvements I’d witnessed.”

And he did just that. Under Barone’s



PHOTO: WENDY SCHNEIDER, HAMILTON JEWISH NEWS

leadership, Beth Tikvah has evolved from a small agency managing one home with six staff into a respected, full-service organization. Now headquartered alongside the Hamilton Jewish Federation at JHamilton, the agency employs 85 staff and supports 25 individuals across eight shared apartments, in addition to the original home on Arkell Street.

Like its counterpart, Toronto’s Reena Foundation, Beth Tikvah draws its Jewish identity from its founding values and history. Although only three of its current clients are Jewish, Barone regularly fields calls from Jewish families — typically four to five each year — concerned about planning for their adult children’s future care. His guidance is consistent: start by registering with Developmental Services Ontario (DSO), the essential first step toward securing support when the need arises.

“If they’re registered, when the time comes ... they’re prepared and ready,” said Barone, adding that the last thing he wants to see is a parent contacting them in an emergency situation and

the preliminary steps have not been taken. He emphasizes the importance of a smooth, thoughtful transition. “These are major life changes. It’s not fair to the individual to have one chapter end and another begin without proper support.”

An increasing number of Beth Tikvah’s clients are young adults aging out of the foster care system — many of whom have lived with the same foster families since early childhood.

“Imagine living with the same family since you were three or four, and then suddenly turning 18 and being told you can’t stay,” Barone explained. “That’s where we come in. We support the transition and reassure them that just because they’re living with us now doesn’t mean those long-standing relationships have to end. They can and should continue.”

Looking back over the last decade, Barone says he’s most proud of how far the organization has come.

“We’re no longer this small unheard of agency off to the side ... To see this kind of growth in just 10 years is amazing,” he said, “We had an

Beth Tikvah
executive director
Chris Barone
(standing far right) takes a moment to pose with his devoted management and administrative team.

office that was in the attic of 81 Arkell where every two hours I had to run down to move my car because I was going to get a ticket to the point where we have an infrastructure ... I think everyone in within Beth Tikvah is very special to the point where we all are like one arrow shooting forward. We all have the same vision.”

Beth Tikvah’s longtime board chair Ian Binnie agrees that the original Beth Tikvah vision has been sustained “to a remarkable degree.”

“For the whole time that Chris has been in charge there and that he’s built his staff, we’ve seen consistent good results ... all the reports that we get from various sources indicate that most of the people who we’ve taken in have adapted well to the staffing model and to living in an apartment and, you know, basically thriving in the outside world.”

Binnie also credits the board’s dedication for much of the organization’s success.

“We’ve had great continuity, and the board has been remarkably helpful,” he said. “But like every public service agency, the challenge is finding directors with the right skill set — especially those with financial and management experience.”

He believes Beth Tikvah’s long-term connection to the Jewish community depends on two things: attracting more Jewish clients and increasing Jewish representation on the board.

“If you don’t have a strong management structure and a committed board, the organization drives into a wall,” he said. “And when that happens, the people who suffer most are the residents who rely on us.

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Shana Tova



Finding greater strength together

Connection and collaboration for women entrepreneurs



BY **TOVA VERTES**
SPECIAL TO HJN

BUILDING A SOLO practice in the mental health, therapy, and education space can be both meaningful and lonely. As the founder of Phenomenal Kids, where I work with children who have learning disabilities and neurodiverse needs, I realized I needed a stronger professional network — not just to grow personally, but to better serve the families who rely on me. Many of them needed services outside my scope, and I wanted to connect them to practitioners I knew and trusted.

Over the years, I had attended various women's networking events, but often found myself out of place. Most were geared toward mortgage brokers, social media managers, or multilevel marketing professionals. When I did meet someone in the therapy or education space, we'd talk all evening and magic would happen. That magic sparked an idea.

I envisioned a dedicated space for women entrepreneurs in mental health, education, and related fields — somewhere to collaborate, refer clients, brainstorm, and support one another. I wanted to build a network rooted in empathy, professionalism, and repairing the world through service to others.

That's when I turned to Andrea Zians, a dynamic educator who had recently

launched her own consulting business. Zians immediately saw the potential. She encouraged me to make it happen and suggested we meet at Hamilton Jewish Family Services, which, having recently launched a new mental health-focused program, offered the perfect home for our vision. We picked a date, put the word out, and hoped for the best.

When the evening arrived, I was a little nervous. I had prepped a fun networking bingo game, unsure how easily connections would form. But the game quickly became unnecessary. From the moment people walked in, conversations flowed.

Among those in attendance were psychotherapists from our own Jewish community — including Sari Myerson, Cortney Pasternak, and Joy Pekar — alongside ADHD coaches, holistic nutritionists, and educators. Each brought a unique perspective, yet we were all connected by the shared purpose of supporting others through healing and connection. It was tikkun olam in action.

The atmosphere was open and collaborative. We swapped stories, shared referrals, and walked away feeling recharged and inspired. This wasn't just a networking event — it was the start of a community rooted in service, compassion, and shared purpose.

Future events are already in the works, and we look forward to expanding this circle of care. If you're a woman entrepreneur in the mental health, therapy, education, or adjacent wellness fields, know that you're not alone. There's a space for you with us — where connection, collaboration, and tikkun olam guide the way. If you'd like to participate in future programs, please email me at tovavertes@phenomenalkids.ca.

HAMILTON ENTREPRENEURS FEATURED ON **PAGE 12**

Jumping from stress to success

Our new advice column by academic consultant Andrea Zians



BY **ANDREA ZIANS**
ADVICE COLUMNIST

I'm starting university this fall and I'm anxious about taking tests. In high school, I always froze during exams. My heart would race, and my mind would go blank. Now that I am starting university, I'm worried it will lower my GPA. I really want to get this under control.

A WORRIED FIRST-YEAR STUDENT

YOU ARE not alone. Test anxiety is something I hear about all the time, and it's common for students making the leap to university. Test anxiety doesn't have to derail your academic success; a little bit of stress can be helpful. Most students perform best when alert, focused, and slightly nervous. Most students tell me that working from a seven out of 10 on an anxiety scale increases their performance.

If the anxiety is part of a bigger problem, your grades are suffering, or this is affecting your everyday functioning, I strongly encourage you to contact a healthcare provider and your school's accessibility office.

You may be eligible for accommodations such as extra time or a quieter space to take your exams; but if you're doing reasonably well, start by reflecting on your experience, how this anxiety manifests, and whether it's affecting your

performance. That will help you decide whether accommodations or additional support might be helpful.

1 Before a test, pause and take a few deep, slow breaths. This calms your nervous system and helps re-centre your focus. Taking a deep breath helps your brain function more effectively.

2 Many students think studying means rereading notes or highlighting textbooks. That's a very passive way to engage with content. Studies show active studying is effective and increases retention and recall during tests. Make flashcards, quiz yourself, create diagrams, explain concepts out loud, or join a study group where you can talk through the content. Active study strategies build confidence and deeper understanding which will reduce your anxiety.

3 Doing well on a test is more than just knowing the content. Different types of tests, such as multiple-choice, essay, and short-answer, require different strategies. There's no one-size-fits-all approach. Developing test-taking tools will increase your confidence and reduce stress.

4 Consider leveling up how much time you spend preparing. The golden rule is that you need to spend three hours studying for every hour you spend in a lecture.

Finally, use the resources available on campus: talk to a counsellor to learn stress-reduction techniques, visit your school's accessibility office if accommodations might help, and connect with a learning strategist who can help you build the right skills. There's no shame in needing support. After all, university is a time to learn how you learn best.

If you have a question about school success, email andrea@andreazians.com. You might see your question answered in a future column, because academic success is life success, and every student deserves the chance to thrive.



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Leading voice in breast cancer research joins HHS

Cancer genetics specialist Andrea Eisen to spearhead advancements in hereditary breast cancer research

BY **HELAINE ORTMANN**
SPECIAL TO HAMILTON JEWISH NEWS

HAMILTON HEALTH Sciences (HHS) has welcomed back one of the country's foremost experts in cancer genetics and high-risk breast cancer. Dr. Andrea Eisen is a leading expert in cancer genetics and high-risk breast cancer; a physician treating patients with advanced breast cancer; a renowned researcher; a scientist with the Escarpment Cancer Research Institute located at Juravinski Hospital and Cancer Centre; a mentor to junior faculty and students; and the provincial breast cancer lead for Cancer Care Ontario (Ontario Health). In the following Q&A Dr. Eisen shares her vision for the future of breast cancer care and research in Hamilton.

Q Dr. Eisen, you are no stranger to Hamilton, having launched your career as a medical oncologist at Hamilton Health Sciences (HHS) more than 20 years ago, before relocating to Toronto. What brought you back to our community?
A I had close connections to the health care team; the academic breast cancer

program is highly regarded; and there is a great foundation in cancer genetics with a highly skilled program of genetic counselors. There are lots of patients who need assessment and available to participate in research. Being part of McMaster University, a strong international performer in health care research, was key for me. My mother's family was from Hamilton, and I had an aunt here; so I made many trips to Hamilton in my lifetime. You're right; I wasn't a stranger.

Q The Buffett Taylor Chair in Breast Cancer Research was previously held by Dr. Mark Levine, an esteemed HHS medical oncologist and breast cancer researcher. What is it like to "walk in his footsteps"?
A Dr. Levine was instrumental in recruiting me 25 years ago. He's been extremely helpful in helping me establish contacts and setting up some research studies. Mark and I are co-investigators on a grant to expand on the learning health system that he started with investigators several years ago. We're adapting it to our new electronic medical record and including information on surgery outcomes and cancer genetic testing for the breast cancer population.
Q How do your personal values and professional expectations line up with your new clinical home at Juravinski Hospital and Cancer Centre (JHCC)?



PHOTO: WENDY SCHNEIDER, HAMILTON JEWISH NEWS

Research scientist Dr. Andrea Eisen pauses amid her busy schedule at Juravinski Hospital.

A JHCC is unique: a highly specialized tertiary care academic teaching hospital with state-of-the-art oncology care; yet with a community feel. ("Heimish," we agreed.) The centre and hospital are valued and cherished by the population of Hamilton. I've worked in larger centres and I have to say there's a difference. For example, I participated in the BRIGHT Run and it was so meaningful to me; to witness how everybody works together in such a successful endeavour.

Q Has anything surprised you about setting up shop at The Juravinski?
A A few things: the expansion to Juravinski's physical footprint over the years; the strong support for chemotherapy from the pharmacy team as well as the other supportive services; and the excellent model in medical oncology of doctors and nurses working together as primary resources for the patient. This provides great continuity of care. The strong support from the Foundation for the cancer program and research support is remarkable. On another note, the economic climate of the city has changed greatly. Twenty-five years ago, many people were connected to the steel industry and had excellent benefits. It's different now, and I see it reflected in my patients, their needs, and the resources and supports they require to get through some pretty intensive treatment.

Q You have built an international reputation as an expert in cancer genetics and high-risk breast cancer. What drew you to these areas of specialty?
A When I finished my training in medical oncology, I really wanted to have an academic career but you needed to do extra training in a specialized area. At that time, in 1994 and 1995, the BRCA 1 and BRCA 2 genes had just been identified; an exciting new area. I sought out extra training in cancer genetics and studied at the University of Pennsylvania in Philadelphia for three years. When I came back, there was a great opportunity to expand on and help build the cancer genetics program here. I wanted to work in breast cancer and I was interested in women's health. It's a bit of a calling to give back in this way.

Q What is it like to be a female breast cancer oncologist and researcher?
A It's kind of a great thing to have female

representation. I think the face of medical oncology has really changed. When I started here 25 years ago, I was one of the only women medical oncologists based here at the Cancer Centre. Now, if you look at the composition, it's a very significant proportion of women and in our training program as well.

Q It must be a fulfilling experience to conduct clinical research and provide direct care for breast cancer patients.
A It's very exciting to engage patients in research studies. I'm not a genetic counsellor but as a breast medical oncologist, I see and treat people with cancer. I like to provide advice to women at increased risk on how to stay healthy and prevent cancers. Prevention is key. Right now we're participating in a research study, about "cascade testing," with St. Michael's Hospital and Women's College Hospital, to see if digital technology will help encourage family members (of newly diagnosed breast cancer patients with genetic mutations such as BRCA 1 and 2) to participate in testing.

Q What is important for Ashkenazi Jews in our community to know?
A About 2.5 per cent of all Ashkenazi Jews carry a mutation in BRCA 1 and 2, called founder mutations that have been present for hundreds of years. If someone has a family history of breast or ovarian cancer or is an Ashkenazi Jew, they can ask their family doctor to refer them to the Juravinski for a simple, OHIP-funded blood test. This genetic information will help people understand risks (their own and for family members) and make informed decisions about cancer care and treatment.

Q What one piece of advice or encouragement can you offer to breast cancer patients and their families?
A Be hopeful. We are making huge progress in outcomes for breast cancer; and the vast majority of women diagnosed with breast cancer now are cured of their disease, and they don't have a recurrence. Even in my career, the survival rates for breast cancer have improved significantly. This is because of organized screening (Ontario Breast Screening Program) available at age 40; a separate program for women at high risk; and much improved treatments particularly at early stages.



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A health care legend celebrates a milestone birthday

As Dr. Bill Goldberg marks the milestone of his 100th birthday, St. Joseph’s Healthcare reflects on his contributions to modern medical treatment

BY **ASHIMA SEHAJPAL**
ST. JOSEPH’S HEALTHCARE HAMILTON

“IT WAS THE right thing to do.” And that was it.

For Dr. William Goldberg and Sister Mary Grace, that defining belief was rationale enough to establish the dialysis program at St. Joseph’s Healthcare Hamilton in 1964.

The establishment of the program was a milestone for Dr. Goldberg, who served as chief of medicine from 1962 to 1981, as well as Sister Mary Grace, who was then the hospital’s administrator. At a time, when the public health system was still in its formative years and resources were scant, Dr. Goldberg forged the way for a large-scale medical program that would offer a new lease on life to thousands. But for all his successes, Dr. Goldberg resists the “visionary” label.

“We did what the time demanded,” he recalled in a recent interview on the eve of his 100th birthday. “Patients were dying of kidney ailments and opening a chronic dialysis centre was a natural thing to do.”

Since then, the program has grown to become one of the largest in the province, providing vital care to thousands of people across the region. Currently, the program operates across four St. Joe’s sites and provides 76,000 treatments to its



PHOTO: SUSAN FINLAYSON, SPECIAL TO HAMILTON JEWISH NEWS

patient population annually. Over the next decade, the number of dialysis patients receiving care at St. Joe’s is expected to rise by 15 per cent.

The 1950s-60s were a tumultuous period for St. Joe’s. On the brink of losing its accreditation, Sister Mary Grace, then administrator, brought on board Dr. Goldberg beside Dr. Ken Williams, the first medical director to serve in a Catholic hospital in Canada, to chart the path of excellence.

From Dr. Goldberg’s perspective, exceptional patient care delivered with compassion could bring back the hospital’s accreditation.

“It was only possible if we had a teaching hospital where interns and residents trained while caring for the

Dr. Bill Goldberg with his wife, Gerri. Dr. Goldberg served as the chief of medicine with St. Joseph’s Healthcare Hamilton for 20 years.

patients,” he said.

To bring their vision to fruition, Dr. Goldberg, alongside his fellow pioneers, laid the groundwork for clinical and educational excellence by launching a one-year residency program in collaboration with the Royal College of Physicians and Surgeons of Canada. Soon, the cohorts would fill up as the program gained immense popularity. “And that’s how St. Joe’s transitioned from being a cottage hospital into a teaching hospital,” added Dr. Goldberg.

The leadership also introduced a comprehensive quality of care and medical audit program at St. Joe’s. The initiative set out clear expectations of physician charting and clinical standards that transformed the hospital’s reputation for delivering high-quality care.

The result: Accreditation was achieved.

Taking credit is challenging for Dr. Goldberg.

“Other hospitals were headed towards the same direction too. I was merely drawing inspiration from hospitals across North America. To set up the dialysis program, a technician was sent to a hospital in Cleveland. For setting up a respirology unit, we studied the one at Montreal General Hospital.”

As the chief of medicine for 20 years at St. Joe’s, his foresight was instrumental in creating an ecosystem that gradually established nephrology, respirology, and behavioural medicine programs among others. His forever favourite, however, remained medicine “He loved his medicine the most,” his wife, Geraldine Goldberg, confirmed.

Dr. Goldberg retired from his role

as chief of medicine at St. Joe’s in 1981.

Dr. Goldberg’s legacy extended well beyond the hospital walls. When McMaster University School of Medicine opened in 1969, St. Joe’s with its medicine, pediatric and psychiatric units served as the perfect training ground for aspiring physicians. His contributions also transcended time, much like the lessons that resonate today. As Dr. Madeleine Verhovsek, chief of medicine, St. Joseph’s Healthcare Hamilton, notes, “The overarching lesson that we can all take away from him is, ‘The quality of care that you provide is the most important thing.’”

Dr. Goldberg, however, also acknowledges the mounting complexity behind that simple principle.

“It’s harder to do a good job today. It was very simple in those days. Like building a chicken coop versus building a skyscraper,” reflected Dr. Goldberg.

And Dr. Verhovsek echoes the sentiment.

“Medicine has become increasingly complex, from the standpoints of diagnosis and treatment, as well as looking at the healthcare system. We need clinicians and leaders who can meet the current and future challenges head on.”

It is Dr. Goldberg’s acuity that Dr. Alistair Ingram, former chief of medicine at St. Joes, deeply admires, “His intellectual vigour remains unfazed by the passage of time. When there were no fancy scans or tests, he ensured the highest quality of care was delivered.”

Quality of care, the principle stemmed again from the defining belief, “It was the right thing to do.”

And that was it.

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Local entrepreneurs play a vital role in building and strengthening our community. In this feature, we highlight the individuals turning ideas into action



Aimee Eppel, Website Design and Management

Designing websites that combine stunning design with seamless functionality

Aimee Eppel is inspired by combining creativity with strategy and bringing ideas to life in a way that makes a real impact

BY **WENDY SCHNEIDER**
HAMILTON JEWISH NEWS

What inspired you to start CleanForest?

I started CleanForest because I kept hearing the same story from passionate business owners who'd spent so much time and money on a website, and still didn't end up with something that worked for their business. Some tried DIY platforms and got overwhelmed, while others hired designers who didn't really listen or understand their vision. CleanForest was born out of the desire to make the web design process feel clear, collaborative, and grounded in purpose.

What kind of clients do you typically work with?

Most of my clients are small business owners who are juggling a lot and want someone who can make the process easier and more intentional. I often work with clients who have outgrown their current site and are ready to level up.

What makes CleanForest different from other design studios?

I'm not a big agency, and that's intentional. When you work with us, you're not just hiring a single developer, designer, or consultant, you're partnering with a trusted team of experts. I take the time to understand your business, your goals,

and your audience, guiding you through strategy, content, and design. From there, my team and I work closely to bring your vision to life. Every website we build is custom-designed, mobile-friendly, and focused on clean aesthetics with intuitive navigation. I'm especially passionate about working with fellow small business owners who value integrity and purpose-driven work, because when we support each other, we all grow stronger.

What's one mistake you see people make with their websites?

Trying to do everything at once or cramming in too much. Your website should guide your visitors toward action. If there's no clear purpose, people get lost or bounce away. I help clients simplify: we focus on the user journey, clear calls to action, and beautiful, strategic design.

How has your Jewish identity, values influenced your business?

I draw deep inspiration from the resilience of our people, how we've survived, adapted, and continued to create and contribute in the face of generations of adversity. I want my work to elevate others, and to reflect values like integrity, compassion, and community.

Contact Information

cleanforest.co
facebook.com/cleanforest.co/

Educating, supporting, and empowering new mothers through every stage of the journey



Rebecca Waxman, Prenatal Consultant

What inspired you to educate, support, and empower new mothers?

For as long as I can remember, I have been fascinated with pregnancy, the miracle of birth, and sweet little babies! As the years went on, this interest inevitably led to a passion for maternal and newborn care. This calling led me to pursue bachelor of arts degrees in health studies and midwifery. I am also a certified lactation consultant.

How is your business unique?

I teach prenatal education sessions on labour and delivery prep, postpartum and

newborn basics, and prenatal breastfeeding essentials. Having had three beautiful sons of my own, I understand the anxiety many women associate with labour, delivery, and caring for a newborn.

What is the biggest lesson you've learned on your entrepreneurial journey?

Building a business is really about building trust. People are coming to me during one of the most vulnerable times in their lives. I've learned that when you lead with genuine care and stay connected to your "why," the right clients will find you and your work will grow in meaningful ways.

How can the community best support you?

By spreading the word, whether through personal referrals, sharing my information with new or expectant parents, or inviting me to speak to parenting groups.

How has your Jewish identity, values influenced your business?

In Judaism there is a strong emphasis on community, and caring for others. These values inspire me to support new parents, nurture their confidence, and help them build their own village of care and connection.

Contact Information

eternallymaternal.com
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Helping businesses streamline and upgrade their telecommunications systems while cutting costs



Arie Pekar, IT and Telecommunications

How did you get into the telecommunications business?

In 2017, I sold my security company for health and family reasons but decided to continue servicing IT and telecommunications clients on my own with a new smaller firm. With Modern Telecom, I'm able to have the same volume of business but with a boutique staff and infrastructure. This allows me to be front and centre with the clients and the technology. My fresh start allowed me to build a business that would retain me in the role I wanted, rather than being the guy that just puts out fires. I have now learned the difference between a business you invest in to make money and one that you love.

How is your business unique?

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What are the biggest lessons you've learned on your entrepreneurial journey?

I love to network with people and study and learn their needs. I'm fueled more by a thank you than a paycheck.

Has your Jewish identity, values, or community experience influenced your business in any way?

My Jewish values have contributed to the fact that 30 per cent of my customer base are not-for-profit organizations. I go above and beyond with all my customers, however it's the non profits that say thank you the most and appreciate the extra work I do for them, so I tend to gravitate towards that demographic.

Contact information

moderntelecom.ca

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Moise Bensimon, Custom Carpentry

What inspired you to start a custom carpentry business?

My background in civil engineering and my expertise in residential construction provides a foundational knowledge of design-build practices. There’s something magical about creating from scratch, using my skills and experience to bring a vision to life, and the feeling of accomplishment that comes with building things that express both beauty and function. Knowing that I’ve left something that will be meaningful and well used for years to come. Whether it’s a custom hidden-door

bookshelf, a period-specific mantel, or an entire historic restoration, I take pride in every detail and strive to deliver a finished product that exceeds expectations; one project at a time.

How is your business unique?

What makes my skill set so unique is that I am both designer and craftsman. From design consultation all along to precision installation, a single point of contact and accountability ensures that nothing gets lost in translation. I can help with all your custom carpentry projects including fire-place mantels, built in units, furniture, kitchens, outdoor spaces, radiator covers, custom trim packages and restoration carpentry work.

What is the biggest lesson you learned as an entrepreneur?

Doing great work isn’t enough. You also have to communicate it. I used to think the craftsmanship should speak for itself, and in a way, it does, but not until the project is completed. Over time I’ve realized that taking the time to walk clients through the process, to explain the “why” behind each detail, is just as important as the build itself. People value not only what you make, but how you make them feel throughout the journey. That’s what builds trust, and that’s what brings them back.

CONTACT INFORMATION:
bensimondesign.com

Guidance and full service for clients seeking to declutter and reclaim control over their home and office



Corrie Goldfinger, Professional Organizer

What inspired you to pursue a career as a professional organizer?

After practising as a mental healthcare professional for over a decade, I felt a strong desire to shift the way I was helping people in their lives. Being keenly aware of the ways in which people’s thoughts affect their motivation and behaviour, I wanted to incorporate this understanding into the way I work with my clients to help them get their spaces and lives organized when they feel stuck.

How is your business unique?

I work with clients at all stages of life who are ready for change but want guidance

to do so. From young adults who have yet to live an organized life independently, to parents raising children who feel inundated with the chaos and clutter of parenthood, to people overwhelmed with their office that doesn’t allow them to think clearly.

What is the biggest lesson you learned as an entrepreneur

There continues to be negative judgments in our culture surrounding people’s “mess,” leading some people to feel shame or embarrassment about clutter or disorganization. This prevents people from reaching out for help rather than seeking out support. Just as I encourage my clients to let go of perfectionism throughout the process of decluttering, I too have continued my recovery from perfectionism as a business owner and operator. This has been very freeing and allows me to be authentic in my interactions with my clients, as well as in how I run my business.

How has your Jewish identity influenced your business?

The importance of being good and doing good were engrained into us and contributed to my decision to become a helping professional. I continually strive to make decisions and act in ways that would make my own parents refer to me as a mensch.

CONTACT INFO:
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Find more profiles of our community’s entrepreneurs online:
[Hamiltonjewishnews.com/community/local-entrepreneurs](https://hamiltonjewishnews.com/community/local-entrepreneurs)



Sari Meyerson, Family Therapist

Helping families, parents and children find resilience to face life’s challenges

Sari Meyerson creates safe spaces for kids and teens and works collaboratively with parents to build emotional connections

BY **WENDY SCHNEIDER**
HAMILTON JEWISH NEWS

What inspired you to start your own business?

I started out in the Jewish community as the assistant director at Camp Kadimah, a role that lit a spark in me. I loved working with kids and being part of a space that felt like home for so many families. From there, I went on to study psychology and criminology at Western University. During that time, I worked in a youth detention centre and witnessed firsthand how deeply a young person’s environment — especially their home life — can affect their emotional and mental health. That experience led me to pursue a Master of Social Work so I could support families more directly and help kids feel seen, heard, and understood.

How is your business unique?

I work with kids who are navigating anxiety, depression, ADHD, trauma, and big transitions — like parental separation, divorce, or blended family changes. My goal is to create a space where young people feel safe enough to open up and where caregivers feel supported in understanding and responding to what their child is going through.

Who is your ideal client?

My ideal client is a child or teen who might be struggling quietly, or a parent who senses something is off but isn’t sure how to help. I tailor my approach to meet each child where they’re at. I use a mix of play,

creativity, and evidence-based strategies like CBT to help kids make sense of their experiences in a way that feels accessible and empowering.

What is the biggest lesson you learned as an entrepreneur?

Stepping into something new is always a little intimidating, but it’s also exciting — and I’ve come to see that doing work that feels good and meaningful really matters, especially at this stage in life. It’s easy to keep waiting for the “perfect” time or to let self-doubt creep in, but I’ve learned that growth happens when you take that first step anyway.

How has your Jewish identity influenced your business?

Community has always been central in Jewish life, and so has emotional safety. Whether it’s tikkun olam (repairing the world) or kehilla (community), those values are more than just words — they’re woven into everything I do.

How can the community best support you?

On my Instagram page I share resources, reflections, and tips that are especially helpful for parents, caregivers, and educators supporting kids through tough emotions and big transitions. Sharing those posts or tagging someone who might benefit really helps spread the word.

CONTACT INFORMATION
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Hamilton Jewish Federation is here for good. And we have been, for over a hundred years.

But what does it mean to be here for good?

It means continuing the work we've been doing to protect Jewish Hamilton, Israel, and our global community.

It's being able to provide full-time security to keep us safe and protected.

It means standing with the people of Israel always.

It's speaking out against antisemitism and providing high quality holocaust education.

It's caring for our most vulnerable through Jewish Family Services' food bank, financial assistance, and mental health support programs.

It's helping our newcomers adapt to Hamilton through JWelcome Home.

It means empowering the next generation of Jewish leadership to ensure a bright future for our community.

Good is ensuring everyone has access to the secure Jewish life they want and deserve.

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UPPER JAMES



A short story that reflects the truth of our time

Author David Bezmozgis, in a New Yorker magazine short story, bares the generational rifts of this chapter in Jewish history



BY **WENDY SCHNEIDER**
HAMILTON JEWISH NEWS

FOR NEARLY two years, Jews everywhere have been living through a shared experience of grief, confusion, fear, and uncertainty — something that, for the first time in my lifetime, feels like a truly global Jewish phenomenon.

“He has resisted doing the thing his mother never resisted doing — asking his child to do something for his sake, against her will ...”

DAVID BEZMOZGIS
Excerpt from “From, To” April 6, 2025 edition of New Yorker magazine

I’ve tried to make sense of it, as many of us have, by reading countless articles and commentaries, and by listening to an endless stream of podcasts. Then, last spring, I came across a short story in the April 8 edition of The New Yorker — David Bezmozgis’s “From... To...” — and it quite literally took my breath away. In a way no political analysis could ever accomplish, it distilled the essence of this moment for the Jewish people, laying bare the generational rifts and emotional wounds that run through so many of our families.

The events of Oct. 7, 2023, form the backdrop to the narrative, which opens with a late-night phone call informing the protagonist — a divorced real-estate lawyer of Soviet Jewish heritage — of his mother’s sudden death while playing Rummikub on the roof of her apartment building. With his younger daughter asleep in the next room, he calls his eldest, who is sharing a tent with her Palestinian girlfriend at an unnamed university encampment.

As the family moves through the rituals of Jewish mourning, the



PHOTO: THEODROSE DEMEKE, SPECIAL TO HJN

David Bezmozgis is an award-winning writer and filmmaker. Born in Riga, Latvia, he lives in Toronto and teaches screenwriting at Humber Polytechnic.

protagonist is forced to confront the chasm between the history of struggle that shaped him and his daughter’s sharply different worldview — a rift that has deeply unsettled countless Jewish families in our time.

In an early-August Zoom interview with the Hamilton Jewish News, Bezmozgis said he wrote the story “for people who felt as I did” in an effort “to leave a record of this moment.” A Latvian Jew born in 1973, he believes the family dynamics in his story mirror the experience of what many Jews of his and older generations have experienced in the aftermath of Oct. 7.

“I think in a lot of families there’s a sense of disunity,” he said. For older generations, the attack brought profound grief — not only for the staggering loss of life but also for the collapse of a long-held illusion that they were “outside

the stream of Jewish history.” That pain has often been compounded by deep ideological rifts with their children, leaving some feeling isolated within their own homes. By centring the story on a death and funeral, Bezmozgis forces his characters to confront who they are as a Jewish family. “It’s not politics writ large,” he said. “It’s a much more intimate experience of being a Jew today.”

As a student of Soviet Jewish history, Bezmozgis sees echoes of today’s divides in the “massive, incredibly painful break” of the Bolshevik Revolution, when young Jews abandoned their parents’ Judaism for revolutionary ideals, and later in his parents’ generation’s disillusionment with the Soviet project, “which was supposed to have saved the Jews, but instead imperiled them.”

The father’s anguish over his daughter’s embrace of anti-Zionism is palpable. Yet unlike his protagonist — who wonders whether he might have done more to counter his daughter’s limited grasp of Jewish history — Bezmozgis resists drawing a straight line between parenting style and political outlook. He has seen too many examples of Jewishly educated young people who turned to anti-Zionism precisely because their schooling left them alienated from their Jewish identity.

“I think it has much more to do with knowing your own history and having a feeling for your people.” At the same time, he said, if anti-Israel sentiment is as omnipresent as “the air you breathe,” it becomes difficult for progressive

young Jews to make “at least equal space” in their hearts for Jewish suffering.

This is not to suggest that Bezmozgis’s protagonist feels nothing for Palestinian suffering. In one passage, he gives in to the impulse to scroll through posts from fellow members of his Facebook soccer group — people he had assumed would express solidarity with the Palestinian cause. There he finds “gruesome videos of weeping fathers, covered in the dust of an air strike, cradling the broken bodies of their children.” His reaction is one many of us might recognize:

“To put himself in the place of the Gazan fathers for even a few seconds was unbearable,” Bezmozgis writes. “The sensation in his heart and his mind breached the bounds of his body and swamped the potential of life.”

It’s tempting to read the protagonist’s reflections as a window into Bezmozgis’s own politics, but the author resists that assumption.

“The only way that I want to express whatever political feelings I have is through art,” he said. “I’m just interested in the experience of people ... that’s what artists aspire to do, which is to reveal the emotion, the pain of the thing.”

Still, Bezmozgis concedes that ending the story with the Kaddish’s prayer for peace carries the message he most wants readers to hear: “I think so much of what’s been painful about this is how little people speak of peace,” he said. “It’s just a human choice not to have hatred in your heart and expect the same from the other side.”





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Unexpected reunion on a heritage journey to Hungary

A family’s exploration of their Hungarian roots leads to a moving discovery that bridges its past to its present

BY AGI MEINHARD
SPECIAL TO HAMILTON JEWISH NEWS

We are on the fifth day of a heritage trip to Hungary. My entire little family is together on this trip: my husband, our daughter, our son and his wife, and his two children.

During the first three days of our trip, we explored the beautiful and lively city of my birth, Budapest, including the elegant apartment building and neighbourhood where I spent the first two-and-a-half years of my life. Not only did we revel in the picturesque sights of the city that included the Buda Castle, the Hungarian Parliament, St. Istvan’s Basilica and Europe’s largest synagogue, the magnificent Dohany Utca Synagogue, we also luxuriated in the famous Gellert spa, bathing in the healing waters of its natural warm springs. Morning, noon and night we sampled the delicious food in the city’s many restaurants. Our culinary adventure ended in the legendary Gerbeaud Café, where we felt like royalty as we were served its world-famous pastry in the café’s palatial interior.

Early one morning we set out from Budapest to the tiny village of Anarcs (population 1,800) where my father and his nine siblings grew up. Although we found my grandparents’ house, the visit to Anarcs turned out to be disappointing. I had been hoping to explore the village’s Jewish cemetery, because my ancestral roots in the village can be traced to 1734. Alas, I was informed that the cemetery had been bulldozed, and a commercial building erected in its place. Aghast, I asked the city clerk how they could have done such a thing. She just shrugged. “That’s it then, eh?” I



PHOTO: COURTESY AGI MEINHARD

Agi Meinhard’s family members explore the Wall of Names in Debrecen, Hungary.

muttered, sotto voce in English. “It’s not enough that there are no longer any living Jews in this godforsaken village, you had to obliterate even the record of their existence dating back almost 300 years.” Somewhere under that commercial building lies generations of my family. Even though I don’t believe in ghosts, I hope that building is haunted.

But today we are here in Debrecen, my mother’s hometown. Although it is Hungary’s second largest city, its population of about 200,000 is only one-eighth the size of Budapest. It is a charming little city, with narrow tree-lined avenues meeting broad boulevards that are plied with modern streetcars. Not far from our hotel is a large park, complete with lake and zoo, and bordering it is the University of Debrecen, bustling with students. Three blocks away is the neighbourhood that had once been the centre of Debrecen’s Jewish life. Unlike in Anarcs, Debrecen has not only preserved its Jewish sites but has recently begun to place bronze “stepping stones” in front of the residences of Jews who were killed in the holocaust. I will order one for my grandparents. As we walk along the narrow streets, it is not hard to imagine what the neighbourhood looked like before the deportation of the Jews in 1944.

At that time, three synagogues, and several small prayer houses, served the 12,000 Jews of Debrecen. The main synagogue, completed in 1897 in the Moorish style, was the second tallest structure in the city, standing at 43 metres high and accommodating 600 men on the main floor and 500 women in the two galleries. Unfortunately, only a plaque marks the site where it stood. It was damaged during the war and later demolished. The two smaller synagogues still exist, as does the building that housed the Jewish Gimnazium, which is now an art and music school.

CONTINUED NEXT PAGE



Remembering the victims of October 7

Marking two years

Because this year Sukkot falls on the anniversary, we won’t be gathering in person for a communal memorial.

Instead, we’re inviting you to take part in a personal yet powerful act of remembrance from home.

Please pick up a personalized Yizkor candle with the name of one of the victims of the attacks. Lighting it is a way to honour that individual life and to stand in solidarity as a community — even while apart.

How to participate

1. Pick up your candles from JHamilton (1605 Main St. W) from September 4 to October 3 | Monday to Friday 10-4
2. On October 7, light your candle and take a picture or video and upload it to bit.ly/10-7-25
3. Watch the video montage on Instagram and Facebook

Learn more at jewishhamilton.org
If you have any questions contact Nataly at nminster@jewishhamilton.org



“We both spontaneously move towards each other and end up in a teary hug, holding those little three shared cousins whose lives were cut short between us.”

Our tour starts in the pink-tinged Orthodox synagogue, built in 1893. Leaving its ornate interior, we proceed to the memorial wall, erected in 2015. The wall is inscribed with more than 6,000 of the Debrecen Jews who perished in the Shoah.

My grandchildren quickly run up to the wall to search for the names of my grandparents and point them out to me. Seeing their names inscribed in a place where they must have walked with my mother and her brothers makes them real in a way that their photographs hadn't.

From here we walk another few meters to the Status Quo Synagogue. Built in 1910, it was a satellite of the great synagogue and served the students who were studying at the Jewish High School. While viewing the sanctuary, attractive in its refreshing simplicity, I mention to our guide that my great grandfather, Jozsef Burger, had been the congregation's scribe and Torah reader from the late 1800s until his death in 1926. Hearing this, our guide shows us the foundational documents of the 1897 Great Synagogue. There, on the bottom of the document, right beside the signature of the rabbi, is my great grandfather's signature. I am surprised by the feeling of pride that overtakes me.

We are now at the end of our tour, ready to leave. I am thanking our guide, when a woman walks in. Our guide introduces her as his wife. Looking at her, I determine that she is around my age, which means her parents must be contemporaries of my mother, so I ask her in Hungarian: "Are you originally from Debrecen?"

"No," she replies. "I am from Kis Varda. A small town an hour and a half from here."

"I know Kis Varda," I say. "My father is from Anarcs," (six kilometers from Kis Varda).

"Anarcs! Really? What's your family name?"

When I say "Gottlieb", she is shocked. After regaining her composure, she says: "My mother's brother, my uncle, married Sari Gottlieb, from Anarcs."

"Sari was my father's favourite sister." I gush. "She taught him how to tie his shoelaces."

"My mother used to babysit for her little nieces and loved them fiercely." She continues. Now the smile fades from her face as she tells me something that I already know. "Sari and her three little daughters were deported to Auschwitz and never came back."

We both spontaneously move towards each other and end up in a teary hug, holding those three little shared cousins whose lives were cut short between us. In a trembling voice she adds, "I am named after their eldest daughter Zsuzsi."

As we say goodbye, promising to keep in touch, Zsuzsi looks up toward heaven and says, "This was bashert."

Perhaps. Or maybe it was just coincidence. Had my newly discovered relative, Zsuzsi, not decided to say hello to her husband on her way to work that day, or had we left the synagogue just a few minutes earlier, we would never have met. And had I not asked her, looking for some connection to my mother's family, whether she had grown up in Debrecen, I would never have discovered this close tie to my father's sister.

Whether bashert or a random coincidence, it was, without question, the emotional highlight of our trip, not only for me, but for all of us.

Jewish identity renews



New generation embraces Jewish tradition

BY **ELIEZER WITTY**
OPINION

Faced with a world where they are being turned on from all directions, young

Jews are reconnecting with Jewish life. Campuses across much of the world have erupted with antisemitic frenzies. Much of the media is thick with hatred for Jews and Israel. This outside pressure has squeezed a diamond-hard resolve into many students, who are weathering this storm by holding fast to their Jewish identity and community.

Many secular youth in Israel have begun wrapping tefillin daily, which Rabbi Yosef Aharonov of Chabad describes as "an awakening the likes of which we have not seen for years."

Rabbi Aaron Greenberg of Toronto's Jewish Learning Initiative on Campus (JLIC) says there's been "a bit of a renaissance" at Hillel chapters across that city. While there were real concerns after COVID-19 that community life might struggle to recover, the rabbi says that's what's happened instead is more than a return to normal — it's a full-fledged resurgence.

Rabbi Greenberg explained that while special events (such as lectures or trips) do draw people, this new wave of youth reattaching to their Judaism often focus on routine, everyday aspects of Judaism. Keeping kosher is a common stepping stone. It's something that allows people to make "being Jewish" something they participate in the active tense, not just what they are.

Many young Jews find Shabbat observance to be a point where they can reconnect to our people. One student from York University said that while she generally

considers herself 'spiritual', Shabbat dinners have become a way for her to rediscover the community and refresh her connection. In a time when our everyday lives are dominated by the usage of smartphones and computers, keeping Shabbat can radically change a person's outlook and the way they use their time.

A Hillel student organizer says he's seen a noticeable increase in participation since Oct. 7 — both in cultural offerings like Hebrew lessons and in religious programming such as learning sessions. For students who hadn't previously felt strongly connected to their Judaism, "anything that makes religious action more accessible" has been an attractive option.

For those of us raised in a Jewish household, there are many things we might consider average or ordinary that—introduced to somebody who has found themselves distant from their identity—could be literally life-changing. Inviting someone to a Shabbat dinner, a synagogue service or a Torah class can be the act that lets somebody feel part of a robust and lively community, giving them a sturdier handhold that will get them back into the Jewish identity they're striving to reclaim.

How long might this surge of rediscovery last? Rabbi Greenberg, who works closely with students from all degrees of observance, says there's no sure telling. Certainly the hope is that everyone seeking a return to Judaism will inspire others to do the same.

But no matter how long this goes on, it can't be blown off as a passing trend. For however long these individuals adopt an observant lifestyle, it's the duty of the Jewish community to give them the step up they need.

Eliezer Witty, an alumnus of Yeshivat Migdal HaTorah and Lev HaTorah, studies journalism in Toronto.

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Thoughts for a 40th birthday

Where I’ve been, what I’ve learned and what lies ahead



Ben Shragge

On Sept. 20, I turn 40. According to a Jewish maxim, this is the age when we attain binah (understanding). The same maxim says that age 50 is when we can give counsel. So, as a still relatively young man, I’ll refrain from doing so.

Nevertheless, now seems like a good time to reflect on what I’ve learned, or am still learning, from these last four decades. As the father of two young children, I’m reminded daily that the skills I once took for granted must at one point be taught. But “understanding” does not mean the ability to brush your teeth, read letters, or count to 10. Rather, it’s the insight that these and thousands of other lessons were indeed once taught to us, and that it’s our privilege and duty to teach them in turn.

In other words, we are parts of a whole: a family, a community, a civilization, and ultimately, humanity itself. With that understanding should come gratitude and responsibility. We should feel grateful to our ancestors, who shaped the world — however flawed — in which we live. We should feel responsible for our descendants, who will inherit the world in whatever shape we leave it. Perhaps it’s possible to achieve this understanding at a young age. But experience is what makes abstract notions real. Losing my father imbued me with gratitude to those who taught me. Having children filled me with responsibility for those I’ll teach. We need to live before life’s lessons can sink in.

The paradox is that being part of a whole makes you a stronger individual. As a father and a husband, I have loved ones who rely on me. That creates positive pressure to be reliable in turn. In particular, having two small kids means I don’t have time for youthful indulgences like self-doubt and existential angst. You can’t spend all day in your head when there are mouths out there to feed — both literally and figuratively. I wake up in the morning unburdened by limitless freedom. Instead, I’m liberated by the tasks

I’m duty-bound to complete. Feeling this sense of duty concentrates the mind wonderfully. And the feeling of duty fulfilled puts it wonderfully at ease. Of course, I have less free time now than I did before kids. But I’ve learned that free time is only meaningful when you’ve earned it.

Understanding that you’re part of a whole also brings you closer to other people. As the Roman playwright Terence wrote, “I am human; nothing human is alien to me.” When we’re young, we sometimes suffer under the illusion that we’re special. We suffer because the illusion separates us from other people, who are more similar to us than not. It also makes our problems seem uniquely burdensome instead of generally human. When you read enough books or talk to enough people, you come to realize that no situation or thought is wholly original. That means it’s not on you alone to solve or think it through. Psychologist Daniel Gilbert refers to the “invisibility problem”: our tendency to minimize the inner lives of others, as compared to our own, because we can’t see beneath their surface.

That’s why recognizing that we’re distinct but still share a common essence — what the Mishnah calls the “seal of Adam” — frees us to open up and connect.

Family will always be family and home will always be home. But at a certain point, comfort starts to feel like stasis. As I grew older, I began traveling to other countries. When the opportunity presented itself, I ended up moving to one. There I met my wife, and we formed a new family and home of our own. According to Ecclesiastes, there’s “a time to plant and a time to uproot that which is planted.” I had to uproot myself before I could plant new roots.

If I had my current understanding back in my 20s, I would’ve had a happier time of it. But I wouldn’t have that understanding if I hadn’t made mistakes, misread myself and other people, and earned the regrets seared into my memory. At the same time, understanding the purpose of regret — to teach you a lesson — reduces its burden. I’m sure I’ll continue to make mistakes into my 40s and beyond, but I’m also sure that I’ll continue to learn from them. And who knows? By the time I’m 50, I may have some counsel to give.

When my wake up call came

On Oct. 7, a timeless awareness inside me came alive



Nicki Franek

I wasn’t raised religious. I didn’t go to Hebrew school. I didn’t know how to light Shabbat candles, and I didn’t have an obviously Jewish name — my grandfather changed ours after the Shoah. Most of my friends didn’t even know I was Jewish, because for most of my life, being Jewish felt more like background noise — a family fact, a history, not a living identity.

And yet, on Oct. 7, 2023, something ancient inside me woke up.

What Hamas unleashed that day pulled back the curtain on a world I thought I understood — a world of polite multiculturalism and progressive ideals. Suddenly, I saw something primal in the rage that followed — not just against Israel, but against Jews. I saw how easily vile, hypocritical hate could be positioned as a virtuous cause. I watched as institutions I once trusted become sources of deadly libels. I witnessed a moral collapse among those who see themselves as society’s conscience. It shook me. And then it steeled me.

I began attending synagogue and lighting candles on Shabbat. I started studying Torah and began the process of conversion. I’m learning to believe in God — not as an act of blind faith, but as a reclamation of something true. I now see Judaism as a civilizational blueprint — a philosophy containing law, memory, discipline, and moral clarity. One that birthed moral law, human dignity, and the foundations of Western freedom.

I know I’m not alone. Among Jews my age, especially parents, I’ve seen a wave of awakening. Friends are wrapping tefillin. Families are learning Hebrew. More and more young Jews are reclaiming ritual and declaring: I’m not going to hide. In Israel, Shabbat observance among 18-24-year-olds is rising. Global aliyah is up. And even in the diaspora, Jews who were once secular or disaffiliated are showing up — wearing stars of David, and speaking out.

Judaism is not an identity one simply declares. It is something inherited. Something practised. Something shared. It is a collective identity.

And just like in the past, antisemitism today is forcing a choice: do we pull toward the collective or push away? That’s what antisemitism threatens — not just Jewish safety, but Jewish continuity. It’s not just about whether we survive, but whether we remain a people.

Israel, like it or not, is the defining fault line of the Jewish collective. Not because it’s perfect, but because it is the collective Jew made real. Demographics alone suggest that within a decade, most Jews will be Israeli. The future of Jewish law, culture, and philosophy will be shaped there. So when antisemitism rises and the world demands a response, each of us must decide: Do I stand with the Jewish collective? Or do I walk away?

Some are walking away. They reject Israel to protect a conflicting progressive identity and social standing. Others are retreating because they can’t withstand two years of incessant propaganda slandering and vilifying the Jewish state. But others — like me — are pulled closer. Out of love. Out of truth. And out of defiance.

A thread of that defiance runs deep — passed down through generations and coded into my psyche. But much of it is logic. I’ve watched the so-called moral class cheer for barbarism. Why would I trust their standards? Why would I trade the moral inheritance of Sinai for the shallow ethics of the cultural elites? My values don’t come from trend cycles or victimhood narratives. They come from ancient and divine wisdom — from survival, from debate, from memory, and from truth. To be a Jew is to be part of a story older than antisemitic scapegoating. Older than fear. Older than the many ideologies that have tried to dismantle us.

What awoke in me on Oct. 7 wasn’t just grief. It was a call to return. To a people. To a scripture. To a covenant. To a future — one that depends on our willingness to say, even now: I believe in the Jewish collective.

“So when antisemitism rises and the world demands a response, each of us must decide. Do I stand with the Jewish collective? Or do I walk away?”

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In life, it's always something

From diagnosis to determination: Living with breast cancer



Helaine Ortmann

Do you remember Roseanne Roseannadanna from “Saturday Night Live”; one of Gilda Radner’s most endearing characters? Roseanne would wrap up Weekend Update by saying, “It’s always something”; the catchphrase Gilda chose to title her 1989 memoir.

It’s how I felt last October — Breast Cancer Awareness Month — when my routine mammogram identified a tumour in my right breast. One ultrasound and core needle biopsy later I was confirmed to have invasive ductal carcinoma. Caught early and small in size, but oh yes, it was something.

After my husband, I shared the diagnosis with my friend Nancy, herself an 18-year breast cancer survivor. Over lunch at an east-end Hamilton eatery, she leaned across the table, thrust her hand forward, and, with her most radiant smile said, “Welcome to the Club.” After practicing my best yogic breath, I parried, “Now in what world does a friend congratulate another, on her brand new breast cancer diagnosis?” But this was Nancy.

During the first weeks of my journey, she demonstrated in word and deed just what my “membership benefits” entitled me to: unconditional and unflappable support and attention (hers); unlimited worry, anxiety and panic (mine).

A month-and-a-half later, armed with information I more fully understood, it was time to share my news with our two sons and their partners. Once they finished their thoughtful questions, they declared their support: “You’ve got this, mom. We’ll get through it.” Their confidence in my strength and resilience — and that they were there for me — reassured me enormously. Friends and family showed up too, all along the way; as did the many members of my health care team.

The day before my lumpectomy in December, in a preop visit with the anesthesiologist, I poured out my concerns: “How do you administer the anesthetic? How will I feel when I wake up? Do you

realize this is my first surgery and general anesthetic?” Patiently responding to my need for painstaking detail, he summed it up, saying, “Helaine, you are healthy and strong. All you need to do now is show up.” His words were a balm to me.

The next morning, in Juravinski Hospital’s same-day surgery unit, another anesthesiologist met with my husband and me to answer any other questions I might not have asked. (Highly improbable.) After he introduced himself, he led with: “Your hair looks great.” Wait, what? I take great pride in my naturally curly hair; a legacy from my father. Despite the 6 a.m. check-in time, I made sure I would present well. After all, for the next seven hours, I’d be navigating a sentinel node biopsy in Nuclear Medicine, a lumpectomy in the OR, and a successful recovery. The last thing I needed was “bedhead” at discharge.

From breast cancer surgeon, radiation oncologist to medical oncologist, they and their nurses received all of me: my fears and my questions; neatly notated in a pink binder that I bought to brand my cancer type and give me the illusion of control. At each visit, as if I were their only patient, they listened with interest and compassion, then bolstered my decision-making with the benefit of their expert opinions.

This was also true of my radiation treatment in late February: a surreal 10-day experience in a high-tech clinical environment made palatable by radiation therapy staff with warm smiles, heated blankets and daily encouragement.

Oh, and mitten drinnen, there was genetic testing for the BRCA gene because I’m an Ashkenazi Jew on my mother’s side with a family history of breast cancer. What a relief to read “negative” on MyChart and receive the phone call to confirm and explain the result.

When I first got my diagnosis, I did not wonder “why me?” Breast cancer is the most common cancer in Canadian women; responsible for about 25 per cent of all new cancer cases in women.

In March, when I returned to Juravinski as a volunteer, I felt something different. A deeper, more special bond with the patients I was greeting and escorting to visits and appointments. I had been where they were going.

Born with the shopping gene

I used to think it was impulse. At last, I can blame genetics



Phyllis Shragge

It’s in the genes. It’s a dominant gene passed down from mother to daughter.

Depending on your perspective, this gene, which gives rise to a syndrome known as superflua emptio in Latin, may be considered normal by some or an aberration by others.

Although the tendency to succumb to superflua emptio — translated into English as superfluous buying — may be accelerated by other influences, I suggest this gene is a major factor in its development. Thus, for purposes of this thesis, I will refer to it as the shopping gene.

The shopping gene creates a longing for fashionable clothes that are not really needed. It has nothing to do with buying groceries or household items or anything else necessary in our day-to-day lives.

The shopping gene, with its overarching sway, sets those who possess it on a life-long path of consumerism. I acknowledge that I do indeed have this gene.

Shopping is a sport. Picture this scenario: You have 20 minutes set aside for perusing the aisles of that large chain store whose name begins with the letter W and is not for losers. Is it luck or skill that enables you to find a clothing item in your size? Certainly, the store hasn’t made it easy for you since duplicates seem to be frowned upon by the management. Fortunately, after much determination and hard work, you find a sweater you like and it’s in your size. You grab it quickly, knowing there is no other like it. Ah ha! You have scored a goal. Is your success based on luck or skill? Surely, it’s a skill because after years of experience in the field, you have fine-tuned your shopping expertise.

There are shoppers who value expensive articles of clothing, especially designer items. I am not one of those shoppers. I value sales. Great sales. I love getting a good deal. When I buy a discounted item of clothing, my success

is comparable to a home run or a touchdown. I can almost hear the crowd in the stands cheering for me.

And yet, there’s a negative aspect to all of this. My pleasure derived from shopping can be sidetracked by a sense of guilt. Should I really be spending money on clothes I don’t need? How can I enjoy shopping for fun when I realize there are so many people who can barely pay for food or rent, or who don’t have a roof over their heads? How can I enjoy frivolous shopping given the world we live in? How many t-shirts, how many sweaters, and how many pairs of jeans are enough?

I will backtrack a bit, to the person responsible for my inherited gene. My mother, Brownie Freedman, loved fashion. She was a skilled shopper most of her life and she lived to almost 100. Shopping brightened up her days, as did her many other activities such as playing tennis, swimming and going for long, daily walks. My mother had a positive attitude about everything, a cup-half-full perspective likely influenced by being physically active, socializing with friends, challenging herself intellectually, and yes, buying clothes that made her feel good. As far as shopping is concerned, I am indeed like my mother.

But back to the guilt about clothes shopping. Normally, the guilt is present as an undercurrent bubbling beneath the surface, but twice a year it transforms in intensity when I go through the ritual of sorting through my clothes. As I try to organize my closets, it becomes blatantly obvious that I have way too much of everything. I decide to do something positive about all of this, so I donate clothing I rarely wear to charity. Afterwards, I swear to myself that from now on, I will not buy a single item of clothing unless it’s absolutely necessary.

My resolve, however, does not last long. Weeks, or perhaps just days later, I find myself browsing through a clothing store. I notice there’s a sale. Look at those cool jeans! They’re regularly \$69.99, on for \$19.99. How can I pass them up?

Is this an addiction rather than a sport? I wonder. But whatever, my mother is to blame.



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This year's Tea is extra special as we celebrate **Rochelle Waxman's 100th birthday**—honouring the inspiring co-founder of this cherished tradition.

Your support will help us purchase a **new accessible bus**, giving Shalom Village seniors the **independence, dignity, and connection** they deserve—to attend appointments, enjoy outings, and stay engaged in the community they love.

Double the impact of your generosity! Thanks to the **extraordinary gift-matching offer from Larry & Jay Rosenberg and the Rosenberg family**, all donations from new donors—and all gifts from returning donors who double their contribution—will be matched!

Watch your mailbox and inbox for your invitation... and, as always, expect a friendly call from our dedicated **Ladies Auxiliary Tea Callers**.

Donations can also be made anytime at ShalomVillage.ca

Let's raise our cups—and the bar—for our seniors. Together, we'll make this year's Tea a dazzling success!

**Shana Tova
U'Metuka**

From all of us at Shalom Village and the Shalom Village Foundation, we wish you and your loved ones a year filled with sweetness, health, joy, and cherished moments. May the New Year be as bright and full of promise as the community we celebrate together.



INTRODUCING THE SHALOM VILLAGE



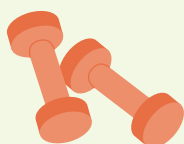
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TAS RELIGIOUS SCHOOL

High holiday family programs



PHOTO: DOR-ANN COHEN ELLISON

DORA-ANN COHEN ELLISON

WE ARE EXCITED to welcome students back to a new school year on Sept.16. Together with Kehila Heschel families, we will meet at Carluke Orchard for a family program and apple picking. Students in JK through Grade 7, we invite you to join with more than 70 students to learn, celebrate and explore all things Jewish on Shabbat mornings and Wednesday evenings. Again this year, our Wednesday classes include Hebrew reading and feature a selection of electives that explore Jewish values and traditions through art, cooking, gardening, STEM, physical education, music and more!

Students in Grades 8, 9 or 10 are invited to join our Thursday evening class: B'Yachad — Making a Difference in Your Community, a program open to all in our greater Jewish community. Our Grade 8/9 class will also have the opportunity to sign up for travel to Montreal in November and our Temple youth in Grades 10-12 are invited to join the trip to Israel in March with other Toronto, Mississauga and Oakville teens.

We have planned several meaningful opportunities to gather families together at Temple Anshe Sholom, as well as at our beautiful parks and beaches. They include Rosh Hashanah family services, Tashlich on the beach, a Kol Nidre, and Yom Kippur morning service, as well as a selection of afternoon programs for all ages. Our drop-in Tot-Shabbat resumes on Saturday, Oct. 18 at 11 a.m., and our junior and senior youth groups, led by Yael Morais, are active with monthly social and social action programming. In addition to our pot-luck Family Shabbat nights, we have plans over the year for family hikes, family trivia and a family skate.

We hope your family will join in our learning, social and ritual programs, renewing connections and engaging with other families. Visit anshesholom.ca for more information or to register for the Jewish Learning Program for kindergarten through Grade 10.

Shana Tova.

Dora-Ann Cohen Ellison can be reached at dacellison@anshesholom.ca or by calling 905-528-0121 ext 30.

Students return for a new school year at TAS on Sept. 16.

SHALOM VILLAGE

New beginnings at Shalom



PHOTO: SHALOM VILLAGE

MARIANNE KLEIN

I AM THRILLED to share that Shalom Village has received a \$25,000 grant from the Ontario government's Ministry for Seniors and Accessibility to launch Seniors Spark Sessions @Shalom Village. Supported by the seniors community grant program, this initiative will offer wellness activities designed to support seniors' health, encourage social connections, and support caregivers. By promoting active lifestyles, the initiative aims to decrease the need for an emergency hospital visit or admission to long-term care, particularly in Hamilton's aging population, while also supporting caregiver well-being.

The Seniors Spark Sessions are open to assisted living residents, program participants, and older adults from across the Hamilton community. This program is a reflection of our mission to build a community where every senior can thrive, and every moment matters.

Thank you to the Ministry for Seniors and Accessibility, our donors, our volunteers, and everyone who stands with us

on our caring journey.

This summer, Shalom Village welcomed almost 100 guests from across Hamilton to our first annual Carnival for Care — a joyful celebration that filled our campus with music, laughter, and multi-generational connection. From whimsical entertainers to classic carnival games and family fun, the day reminded us all of the power of community in nurturing the wellbeing of older adults.

Thanks to the incredible generosity of our sponsors and donors, the carnival was a meaningful fundraiser for the Shalom Village Foundation. Every dollar raised helps ensure that our residents and program participants continue to benefit from the compassionate care, enriching programs, and vibrant Jewish values that define life at Shalom Village.

We are also looking forward to the launch of an exciting new initiative that will further ignite support, learning, and connection for seniors and caregivers alike. On behalf of everyone at Shalom Village, we wish you and your loved ones a sweet, healthy, and joyful New Year. Shana Tova U'Metukah!



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Barry Yellin

ADAS ISRAEL

New café offers a taste of Israel

OLIVER BORR

THE ADAS ISRAEL is excited to announce that starting Oct. 19, we're launching the Jerusalem Café, a restaurant experience at the Adas Israel Synagogue every Sunday morning from 9 a.m. to 1 p.m.

Hosted by Enza Naftali, we'll be serving up incredible Israeli-style breakfast/brunch food for the entire community! Israeli food, Israeli music, Israeli vibes... it's not quite Israel, but it's the next best thing!

Our goal is to create an authentic dine-in experience for people of all ages and walks of life. With incredible food at reasonable prices, Jerusalem Café, won't just be a place to eat, but a place to belong.

Imagine dropping your kids off for a fun program or Sunday school at the HHA, and then going to our café for a sizzling shakshuka. Imagine meeting your friends for brunch, and sharing stacks of delicious pancakes and French toast.

Imagine being served a fresh coffee and a muffin, while Israeli music plays in the background.

Jerusalem Café is a place where memories will be made, and connections will flourish, all within the warm embrace of our Hamilton Jewish community.

Get ready for a menu packed with Israeli classics and brunch favorites, all prepared with that special touch you'd find in Jerusalem. Think shakshuka, home fries, warm pita with hummus and dips, fresh salads, and of course, a fantastic selection of pastries and coffee.

The Jerusalem Café will offer more than just a delicious meal; it's an invitation to connect, to share, and to experience the vibrant spirit of Israel right here at Adas Israel. Mark your calendars for Sunday, Oct. 19, and join us for our grand opening. We can't wait to welcome you, your family, and friends to our table. Come taste, listen, and belong — every Sunday morning.

BBYO

Leadership opportunities abound

SHANI RABIZANOVICH

BEING PART of an organization greater than myself has been a transformative experience. It has not only helped shape my identity but also allowed me to embrace who I am within a supportive community that has empowered me to grow and thrive.

Serving as a leader of Hamilton's BBYO chapter for the past two years has been the most rewarding experience of my teenage years. However, what has truly formed my BBYO journey has been my involvement in the wider Jewish community. Teenagers in smaller Jewish communities often feel isolated and unable to connect with teenagers from nearby larger communities. With BBYO, teens in these communities get the chance to make connections through hundreds of events, programs, and leadership teams.

Driven by my enthusiasm and passion for BBYO over the past year I have taken advantage of the leadership opportunities this organization offers. I have served in a steering position, a regional leadership network position, and just recently, been elected to serve on Lake Ontario's regional board, as the regional vice president of programming for the coming year.

With the position I held on the steering committee, I was involved in overseeing and planning programs over the span of a three-day convention. Serving on a steering committee involved commitment and eagerness, from the numerous meetings in Toronto to the creative ideas and collaboration with other leaders.

I feel deeply grateful and unbelievably honoured to be taking this leap into what I know will be an eventful year. Stepping into the role of regional *s'ganit* in the coming year will provide me with an opportunity to help create unforgettable memories for hundreds of Jewish teens and an opportunity to collaborate and form connections with Jewish youth and leaders across Canada and beyond.

Small communities like ours embody Jewish strength through our energy and resilience. As I continue to step into new leadership positions and make meaningful bonds with Jews across Ontario, I will always carry the pride of representing Hamilton's Jewish community. Although my BBYO journey is nowhere near its end, I am incredibly grateful for the opportunities I have received, and I plan to carry on playing my part to help bridge all Jewish communities across Ontario.

HAMILTON HEBREW ACADEMY

Looking backward to move forward



OLIVER BORR

WHEN I WAS SIX, my family and I moved from England to Canada, and I never returned until I was 20 years old. As

I sat for dinner one night, my cousin recounted how difficult it was for them when we left. I realized I had never given it a second thought.

I was so young when we left that I never contemplated the mess we left in our wake. I was just there ... and then I wasn't. My early life in England kind of felt like a dream I had once upon a time. A dream that I could only vaguely remember. One day, I just woke up and found myself living in Canada. For a lot of us, that's what the last five years have felt like.

Recent years have become so eventful, we can't help but to become apathetic. That's how we've managed to cope in this new reality. That's how we've been able to

move forward. But I see a different path forward.

It involves looking back in order to move forward. After my aforementioned conversation with my cousin, I retraced my steps, and remembered how I got here. I returned to England with my daughter to show her where I came from and England has become a part of who I am. I looked back to move forward.

I was recently hired by the Adas Israel and the HHA to be the director of community engagement.

My vision for Hamilton is a vibrant, welcoming home where every person can find their place — to connect, to learn, to grow, to pray, and to engage in a way that feels right for them. I intend to elevate this community upon the values of connection, passion, and unity. I see an energized community that connects everyone; a passionate community motivated by mission; a united community rooted in belonging and acceptance. I'd love for you to be a part of it. Please reach out at oborr@adasisrael.ca.

HAMILTON JEWISH FAMILY SERVICES

A new beginning for a new year



CARA BENSIMON

ROSH HASHANAH invites us to pause, reflect, and reset. We look inward and forward, taking time to take stock of

where we've been and imagining where we might go. The season of renewal is fitting for the official opening of Hamilton Jewish Family Services' reimagined Mental Health and Well-Being Clinic.

Over the past 18 months, we've been quietly building something bold. We listened carefully to what our community needed and responded with a new model of care.

One that blends professional one-on-one counselling with group workshops rooted in Jewish values, practical tools, and compassionate connection. Whether someone is navigating anxiety, grief, relationship strain, or simply seeking greater resilience and mindfulness, we want them to know: we are here.

The High Holidays remind us that *teshuva* — returning to ourselves, to one

another, and to wholeness — is possible. Our clinic embodies that belief. It's a space to be seen, supported, and strengthened. A place where healing is not a luxury, but a priority.

We also recognize that mental health isn't just an individual concern — it's a communal responsibility. Our workshops, open to all ages and backgrounds, create opportunities to learn together, reduce stigma, and build shared language around emotional well-being.

We're deeply grateful to our funders, volunteers, and staff who have helped bring this vision to life. As we step into 5786, we do so with hope and humility knowing this work is both sacred and ongoing.

If you or someone you care about is struggling, reach out. If you're curious, join a workshop. And if you've been waiting for a sign that it's time to take that first step, consider this it.

Shana Tova U'Metuka from all of us at HJFS. May this be a year of growth, strength, and renewal.

And may it also be a year of return — of healing, of hope, and of bringing the hostages home.

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Shanah Tovah!

Wishing you a good and sweet new year from all of us at KMB Law

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Join us for a season of renewal

CANTOR PAULA BARUCH

AS THE DAYS of Awe approach, Temple Anshe Sholom is planning a season of spiritual renewal rooted in belonging, resilience, and the power of becoming. In a world filled with uncertainty and division, the High Holy Days offer a sacred pause — a time to reflect on who we are, who we’ve been, and who we’re striving to become, both as individuals and as a Jewish community.

This year, our theme is “Belonging Through Spirit and Strength.” These holy days remind us that teshuvah is not only a personal act of repentance, but also a communal act of reconnection. We return to our values, to each other, and to the enduring promise of Jewish life.

Our services will be filled with music, prayer, and reflection, designed to help us hold the complex emotions of this moment: joy and sorrow, fear and faith, regret and hope. In the face of global conflict and rising antisemitism, we draw strength from gathering together, lifting one another up, and reawakening the eternal Jewish vision of peace, justice, and compassion.

We are creating a sacred space where everyone — questioning and devout, queer and straight, Jew by birth and Jew by choice — can find meaning. May we each find our place in the story of our people — not only as we remember who we are, but as we dream of who we still might become. Shana Tovah U’Metuka — a sweet and good year to all.

KEHILA HESCHEL

Kehila, more than just a school

A KEHILA PARENT

LAST SEPTEMBER, we signed up our two kids for Kehila School. They didn’t know a single word of English, and honestly, we were all pretty nervous. How would Israeli kids, used to a completely different culture, close family nearby, and even the reality of war, manage to settle into a new place so far from everything familiar?

We quickly found out that Kehila is so much more than just a school. It’s a warm, supportive home. The staff did everything they could to make sure our kids felt safe, comfortable, and welcome. Now, every morning, they go to school with a smile. And next year, their little sister is joining too and she’s already counting the days!

Even though we’re far from Israel, the kids are still growing their Jewish identity and staying connected to their roots. Kehila really helps them feel proud of where they come from while becoming part of their new community.

As parents, we also feel wrapped up in this community. A few months after we arrived, we had a medical emergency. Being here without family, we thought it would be really hard, but the Kehila parents showed up for us in ways we never expected. They watched the kids, brought us food, even went grocery shopping for us. It’s the kind of support you don’t take for granted, even in bigger communities. Kehila has been so much more than a school. It’s really become a home away from home.

New programs for a new year

VICTORIA METZGET

AT BETH JACOB, we are always looking for ways to engage our members and the community at large. For many years, our Chesed committee, in partnership with Rabbi Wajnberg, has been supporting grieving congregants, welcomes new members, and acknowledges times of challenge and joy for our Beth Jacob community. The reality of our time is that chronic and serious illnesses are a growing concern for many of us, and palliative scenarios are sadly commonplace. It is of paramount importance to address these issues with our broad community, and to provide various Jewishly pertinent frameworks to tackle these realities. In that light, we are planning presentations

on palliative care and MAID, each of which will be explored in conversation with leading voices in our community, in conjunction with Jewish perspectives provided by Rabbi Beni Wajnberg. The two-part series is scheduled for the afternoons of Sunday Oct. 19 (Dr. Samantha Winemaker, speaking on palliative care) and Sunday, Dec. 7 (Dr. Shelly Sender, speaking on MAID). More details will follow. We are expanding visits to homebound congregants, to those recently bereaved, and to those celebrating life’s multiple joyful milestones. In this Jewish new year, we want to assure you that we are here for you. We very much look forward to your joining us as we work together to embody positive changes in our community and our world. Shana Tova!

McMASTER HILLEL

A safe space for Jewish students

MAYA KRIEGER

WHEN I walked into my first-ever Hillel event almost four years ago, I was welcomed with warmth and enthusiasm, and I immediately knew this was a space and a group of people that would make me feel supported, safe, and authentic. Hillel has remained a constant in my life, especially in challenging times.

As I begin my journey as one of the McMaster Hillel’s new co-presidents, one of my biggest hopes is to foster the same warmth and acceptance for incoming students that I felt when I started university. I want to continue outreach to all new Jewish students and ensure that they know the Hillel leadership team is there to support them. The more personal

connections we can make and sustain throughout the year, the more united we will be as a Jewish community on campus. This unity ultimately serves as a foundation for resilience and a source of strength, enabling us to create meaningful change and have lasting impacts on the broader community in which we live.

What makes McMaster Hillel special in my eyes is not only the events that we run but the leaders who emerge within the group. I am ready to work hard this year to strengthen our leaders and the Jewish community through programming that honours Jewish tradition and history while also creating lifelong memories and connections. Here’s to a year of learning, togetherness, and of course, tikvah, hope for the future!

HOW DO YOU FEEL?

Hamilton Jewish Family Services is pleased to announce expanded counselling and wellness programs in a Jewish context. Guided by the support and expertise of our new Clinical Director, Natalie Sobel, MSW, Registered Social Worker, we now offer confidential counselling for individuals, couples, and families. In addition, group programs and workshops will roll out and address needs across life stages.

Contact Natalie natalies@hamiltonjfs.ca to express your interest in areas such as parenting, caregiving, aging, child/youth resilience, LGBTQ support, stress management, Jewish mindfulness, bereavement, and strengthening families through the arts — or suggest **what matters most to you.**



hamiltonjfs.ca/mental-health



Comfort food served with hospitality, courtesy a mensch

Loyal fans hungry for its return, greet the reopening of Mark Morgenstern’s Charred restaurant after 13 months with relish

BY **WENDY SCHNEIDER**
HAMILTON JEWISH NEWS

WHEN A fire forced Charred, the beloved James Street North eatery, to close its doors in March 2023, owner Mark Morgenstern didn’t just wait for the rebuilding process to unfold—he made a commitment to his team. All 17 of his employees remained on the payroll throughout the 13-month closure, a quiet but powerful act of loyalty that reflects Morgenstern’s character. It’s the kind of behind-the-scenes generosity that defines what it means to be a true mensch.

A year is a long time for any restaurant to be dark, and Morgenstern couldn’t help but worry that his customers might have moved on. So when Charred reopened last April, he ordered too few chickens, which quickly barely lasted through the weekend.

“It’s a great feeling, you know, when people are coming back and they’re telling me ... ‘we’re just so happy you’re back,’” he told the HJN a month after reopening.

In the weeks that followed, it became clear that Charred’s following had never wavered. Despite the pressures of inflation and rising food costs—which necessitated some price increases—customers have returned in droves. The restaurant remains packed most days, and its catering business is thriving.



It’s easy to see why. Charred’s menu is pure comfort food, served with care: juicy, charcoal-roasted chicken; tender brisket sandwiches; nourishing chicken noodle soup (a favorite among Hamilton’s Italian community); and their signature poutine—hand-cut fries smothered in rich, savory gravy and cheese, topped with chicken or brisket.

What sets Charred apart is Morgenstern’s unwavering commitment to quality. Nearly everything is made in-house—from the golden, deep-fried fries to the Caesar dressing and croutons. The chicken is locally sourced, free-run, and cooked fresh over blazing hardwood charcoal. Nothing is rushed. Nothing is frozen. Everything is deliberate.

That consistency—of quality, cleanliness, and service—is at the core of Charred’s philosophy. But it’s Morgenstern’s deep respect for his staff that truly defines the restaurant.



PHOTOS: WENDY SCHNEIDER, HAMILTON JEWISH NEWS

He treats them with care and dignity, not as a business strategy, but as a reflection of his values. It’s part of what makes Charred feel like more than just a place to eat.

When Morgenstern opened Charred 12 years ago, he was warned that the restaurant business would be unforgiving. And it has been. But for him, the rewards have always outweighed the challenges. “If it was constant complaints, then you’d say, what am I doing it for,” he said, “But it’s the reverse. The reward is not so much the money that you make, because you don’t make a lot of money, but it’s the recognition that people give you as they go out, they give you the thumbs up. That’s what keeps you going.”



PHOTO: VINCENZO BUGGIA

Above, Charred owner, Mark Morgenstern kept on all of his staff after the restaurant fire led to a 13-month closure. **Above left,** the reopened Charred exterior. **Left,** Charred’s pulled slow-cooked brisket sandwich..



HAPPY ROSH HASHANAH

May this Rosh Hashanah bring sweetness to your days, warmth to your home, and blessings that carry you through the year ahead.

Wishing you a New Year filled with peace, health, and hope.

SHANA TOVA!



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A New Chapter— Let's Take Action Together



Dear community members,

As we head into the Jewish New Year, I wanted to take the opportunity to reflect on our community's achievements and look ahead to the incredible impact that we can have as a collective.

Last year alone, we sent 1.2 million messages to our local officials. The results are clear: Safe Access Zones have been instituted in cities in Canada, Hizb ut-Tahrir was prevented from spreading its hateful ideology within our borders, and the Iranian Revolutionary Guard Corps (IRGC) was listed as a state sponsor of terrorism.

Our collective action has made a real difference—and it inspires us to keep going.

Helping drive change is not just about policy, but about people. When thousands of us speak up, we become an undeniable force for change.

On Rosh Hashanah, we begin a new chapter in a very familiar book, and we all have a part to play as Jewish community advocates and dedicated allies.

This high holiday season, I'm asking every community member to build a relationship with their Member of Parliament.

Call Your MP. Tell them what matters most to you, and our community.

In our democracy, the greatest force in making positive change happen is you. Tell them how you feel about antisemitism and what needs to be done to keep your family safe.

The government has made important commitments to address public safety concerns of the Jewish community—including increased funding and direct partnership with our community security agencies and federally mandated Safe Access Zones.

In addition to urgently implementing these commitments, there are impactful actions that MPs can support right now to safeguard Canadians and our community, such as boosting security for Jewish communities and banning the glorification of terrorism on our streets.

We need your help. Go to ActionHub.ca to join the movement. Let's keep showing up—for each other and for the future we believe in.

Shana Tova,

Noah Shack

CEO, CIJA

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DISCOVER Rosh Hashanah

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selected varieties 20071580001_EA/20071580002_EA



1.49 200 g Ta'ambonne dip or spread
selected varieties 21396312_EA/21396343_EA



3.29 680 g Hermes bread
selected varieties 20106441_EA/20118743_EA



Foodfest sole fillets frozen
20812093_EA
8.99 400 g



Galil rice cakes
21059190_EA/21209626_EA
1.79 100 g



7D dried mangoes product of the Philippines
21127686_EA
6.99 140 g



Kedem sparkling grape juice
selected varieties 20034185006_EA/20775218_EA
3.99 750 mL



Mehoudar hearts of palm 398 mL or Motola cucumbers 670 g, selected varieties
20024052_EA/20214491001_EA
3.29 each



Pardes Farms vegetables selected varieties, frozen
21029551_EA/21029562_EA
8.99 454/680 g



Mehadrin cottage cheese selected varieties
20325925002_EA
7.99 500 g



Aish Tamid tealight bag
21033359_EA
5.99 100's

FORTINOS

Prices effective from Monday September 15 until Wednesday September 24, 2025 at 1579 Main St. W. Hamilton location only.