



INSIDE

Reason for hope at Shalom Village • 5
Downtown businesses are adapting • 6
Helping international students cope • 13



FEBRUARY 2021 | ADAR 5781

Hamilton
Jewish

News

The voice of Jewish Hamilton

LOOKING & BACK MOVING FORWARD

Outgoing Federation president Jacki Levin, CEO Gustavo Rymberg and incoming president Howard Eisenberg reflect on the past three years of change and transformation, with an eye to the future and an evolving organization

BY **WENDY SCHNEIDER**
HAMILTON JEWISH NEWS

THE COVID-19 PANDEMIC has inflicted enormous hardship on Hamilton's Jewish community but the current moment has also revealed a resiliency forged by strong leadership, communal cohesiveness and the dedicated efforts of hundreds of volunteers. Research tells us that connected, trusting and cohesive communities, where people know and care about each other, are more resilient than those that are less connected. That Hamilton's Jewish

community can recognize itself in this description is due, in no small measure, to the exemplary leadership of Hamilton Jewish Federation CEO Gustavo Rymberg and the organization's volunteer president, Jacki Levin, who stepped into their roles three years ago. HJN spoke with Levin, Rymberg and incoming

Federation president, Howard Eisenberg about the accomplishments of these past three years and the organization's vision for the future.

FIND THE STORY **PAGE 4**



JACKI LEVIN
PAST PRESIDENT



GUSTAVO RYMBERG
CEO



HOWARD EISENBERG
INCOMING PRESIDENT

INSIDE THIS ISSUE

Nadia Rosa honoured with Order of Hamilton **P11**

McMaster Jewish Students do not live in fear **P14**

A wedding in the family **P15**



JURAVINSKI HOSPITAL, HHS

“In my mind, somebody who's 50, 60 even 70 and was previously healthy is not old, and to see these people dying is hard.”

Dr. Bram Rochweg **P7**

Hamiltonjewishnews.com

PM AGREEMENT 40007180



Hamilton
JEWISH FEDERATION

JEWISHHAMILTON.ORG

TD Wealth

Fowler and Associates

TD Wealth Private Investment Advice
Complete Investment and Estate Planning

Scott Thomson
Investment Advisor

905-528-6349

Toll Free: 1-800-775-0037

Fax: 905-528-6897

Dwight A. Fowler
Vice President,
Investment Advisor

905-528-4254

Shane Fowler
Investment Advisor

905-528-0113

Fowler & Associates



Fowler and Associates consists of Dwight Fowler, Vice President and Investment Advisor, Shane Fowler, Investment Advisor and Scott Thomson, CFA, Investment Advisor. Fowler and Associates is part of TD Wealth Private Investment Advice. TD Wealth Private Investment Advice is a division of TD Waterhouse Canada Inc., a subsidiary of The Toronto-Dominion Bank. TD Waterhouse Canada Inc. — Member of the Canadian Investor Protection Fund. All trademarks are the property of their respective owners. *The TD logo and other trade-marks are the property of The Toronto-Dominion Bank or a wholly-owned subsidiary, in Canada and/or in other countries.

GUEST EDITORIAL

How we can teach the Holocaust to children



Dawn Martens

BRUNDIBAR: THE STORY OF TWO CHILDREN WHO SAVE THEIR VILLAGE FROM EVIL

LAST SEPTEMBER, I was honoured to receive the 2020 Governor General's History Award for Excellence in Teaching. The award recognized me for directing my Buchanan Park Public School students in a production of Brundibar, a children's opera written by Jewish Czech composer Hans Krása, and performed more than 55 times during the Second World War in Theresienstadt.

My students performed an abridged version of Brundibar last June in a production that combined their vocals and illustrations with archival photos of children in Nazi-occupied Europe, and actual footage from a 1944 Nazi propaganda film of children performing the opera in Theresienstadt. (Almost all of the featured children and adults were subsequently deported and murdered in Auschwitz.) The general consensus among Holocaust educators is to not teach the Holocaust to children under the age of eight, but I was able to adapt Brundibar to the level of my different classes.

Brundibar tells the story of two children who, aided by friendly animals, save their village from the evil and noisy organ grinder named Brundibar. My Kindergarten to Grade 3 music students studied a picture book version of the story, written by Tony Kushner and illustrated by Maurice Sendak. I also taught them songs from the opera. With Grades 4, 5 and 6, I also covered the historical context of the opera.

These students watched the 1944 Nazi propaganda film, a contemporary propaganda film and studied Kathy Kacer's historical fiction novel, Clara's War. They also wrote to a Theresienstadt survivor, asking him further questions about the camp and life after the Second World War. I never showed my students any concentration camp images, as I did not want to cause any trauma. When students asked for more details, I would answer in a simple, straightforward manner or suggest that they discuss their questions with their parents, all of whom were aware their children were studying a Holocaust-related opera.

I've produced operas at Buchanan Park for 26 years and have never shied away from tragic content. I never "Disneyfied" operas and my tiny Carmens, Aidas and Romeos died on stage. But these operas depicted the death of adults in a fictional setting. How could I teach my students about an opera performed by children who were brutally murdered in real life? It's been my experience that, in exploring what occurred during the Holocaust, children make connections with present-day prejudices and tragedies.

When I asked the children in my Grade 4/5 homeroom class how they would feel if their parents were taken away from them to an unknown destiny, a boy from Syria spoke up.

"My father was taken away by men with guns and I didn't see him for two years," he told the class. That little boy had never before spoken in class about his own traumatic past, but learning about the Holocaust enabled him to make a connection and share his story. That empowered other students who were newcomers to Canada to share their stories.

Life can be difficult and brutal and sometimes the discussions we have in class are heart-breaking. But I believe that children need to learn at a young age that bullying, hate and prejudice are not acceptable. They need to learn this before they reach high school, before society has warped their thinking.

Through teaching Brundibar, I have learned that despite the Nazi's efforts to dehumanize Jewish children, their filming of these dear souls actually humanized them for a group of children in 2020. The final words, however, should go to one of my 10-year-old students.

"Brundibar teaches us to be kind to others and that working together wins the day. Brundibar is part of the larger picture of Hitler's terrible plot for power. Brundibar has become more important in history because it tells us to never let it happen again!"

Dawn Martens was raised in Hamilton by parents who wrote history textbooks. She is a remote teacher for the Hamilton-Wentworth District School Board. Martens has an Honours degree in History and Art History from McMaster University, a BEd from the University of Toronto, and an MA in History from Western University.



THE
RICHTER
GROUP

Proudly serving the
Greater Hamilton Area since 1957



Experience the trust, dependability and
accountability that the Richter Group stores
have provided for over 50 years

HAMILTON

EASTGATE

BAY KING

CSN COLLISION CENTRES

HAMILTON HYUNDAI
324 Parkdale Ave N
905 545 5150
hamiltonhyundai.ca

EASTGATE FORD
350 Parkdale Ave N
905 547 3211
eastgateford.com

BAY KING CHRYSLER
55 Rymal Rd
905 383 7700
bayking.ca

CSN COLLISION CENTRES
230 Lansing Drive
350 Parkdale Ave N
eastgateford.com

Telling her story



Nadia Rosa tells her family's story of survival during the Holocaust during an evening of personal stories by Holocaust survivors at JHamilton in 2019.

COVER STORY

Looking back and moving forward

6

HOW WE LIVE

Change, adapt, innovate

7

FEATURE STORY

Perspectives from an ICU doctor

11

SPECIAL MENTSCHEN

Nadia Rosa honoured

15

LOCAL VOICES

Survival, at what cost?

INSIDE THIS ISSUE

- 2 Editorial
- 4 Cover Story
- 5 Local News
- 6 How We Live
- 7 Feature Story
- 11 Special Mentschen
- 14 First Person
- 15 Local Voices

FEDERATION NEWS:
8,9,10,12

NEXT ISSUE: **MARCH 2021**

DEADLINES

Booking ads: **Feb. 6, 2021**

Advertising copy: **Feb. 19, 2021**

Publication date: **March 19, 2021**

HJN

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

EDITORIAL POLICY

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

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

CIRCULATION
2,000

EDITOR

Wendy Schneider
wschneider@jewishhamilton.org
905-628-0058

ASSISTANT EDITOR

Abigail Cukier

DIGITAL EDITOR

Ben Shragge

HJN CONTRIBUTORS

Steve Arnold, Steven Brock, Abigail Cukier, Ben Shragge, Phyllis Shragge

HJN ADVISORY BOARD

Aviva Boxer
Wade Hemsworth
Celia Rothenberg

CONSULTING ART DIRECTOR

John Bullock

PUBLISHER

Hamilton Jewish Federation

ADVERTISING

Wendy Schneider

HAMILTON JEWISH FEDERATION PRESIDENT

Jacki Levin

CEO

Gustavo Rymberg

BOARD MEMBERS

Janis Criger
Mike Dressler
Howard Eisenberg
Daniel Hershkovitz
Alice Mendelson
Adam Norris
Arie Pekar
Josh Rauchwerger
Lowell Richter
Lorne Rochweg
Georgina Rosenberg
Peter Smurlick
Jason Waxman
Laura Wolfson

Taylor Leibow's Suite of Services

Go Beyond Bean Counting.



Providing accounting, audit, tax, business valuations, insolvency and business advisory services for over 70 years.



Effort Square, 105 Main Street East, 7th Floor, Hamilton, ON L8N 1G6 • 905-523-0000
Taylor Leibow Building, 3410 South Service Road, Ste. 103, Burlington, ON L7N 3T2 • 905-637-9959

taylorleibow.com



VINE and PARTNERS LLP
Chartered Professional Accountants

- Audit and Review Engagements
- Not-for-Profit and Charity Engagements
- Corporate Tax and Reorganizations

A Partner to Grow With

Brock Whitwell, Partner, CPA, CA, B.Comm
(905) 549-8463 Ext. 243 • brockw@vine.ca

vine.ca

DAVID SWEET

Flamborough-Glanbrook



David Sweet, M.P.
and Almut Sweet

Proud to support our Jewish Community!

David Sweet, M.P.
1654 Wilson Street West
Jerseyville, ON L0R 1R0
905 648 3850 | DavidSweet.ca

Looking back and moving forward

CONTINUED FROM THE FRONT PAGE

A story of transformation and revitalization through three years. Now a look at these times past, present and future

WHEN JACKI LEVIN re-joined the Federation board in the spring of 2017 after having served on its executive in years past, she could never have anticipated that within a few short months she'd find herself assuming the Hamilton Jewish community's top lay leadership position. But then former Federation president, Carl DeLeon, announced his imminent move from the community weeks after a search committee (of which Levin was a member) recommended hiring Gustavo Rymberg as the Hamilton Jewish Federation's new CEO. Levin knew that his plans to transform Jewish Hamilton stood a much better chance of success with the support of someone with intimate knowledge of the community.

Three and a half years later, Rymberg and Levin's partnership serves as a case study of what's possible when a Federation CEO and president enjoy a supportive and collaborative relationship.

"It's been a joy, really, working with Gustavo and being a small part of helping our community get revitalized," Levin told the HJN in early December. "Gustavo's aim was to transform the community. My job was to facilitate Gustavo doing his thing."

The revitalization process began almost immediately, with Rymberg's taking action on an idea that had circulated within communal circles for decades. The creation of JHamilton — which provided a new home for the Federation, the JCC, the Jewish National Fund and the Beth Tikvah Foundation — brought the dream of a Jewish campus in the city closer to reality and ushered in a spirit of renewal and collaboration within the Jewish community.

The last three years have also seen the merging of the Hamilton Jewish Federation and the JCC into a single entity, a renewed partnership between Federation and Jewish Family Services (formerly Jewish Social Services), an influx of younger members into the Federation board of directors, and the formulation of new strategic priorities.

Federation also moved community-wide programming into venues like the Art Gallery of Hamilton, the former Hamilton Spectator building and City Hall, to make unaffiliated members of the community feel more welcome. It also added a wide range of innovative programming, such as a revitalized Holocaust Education Week and Jewish book and film festivals, which did not go unnoticed by the community.

"The Community Campaign was at a low ebb before Gustavo came in," said Levin, in contrast to where Federation's annual fundraising campaign finds itself today.

"This has been a challenging year," she continued, "and we were very concerned about how the Community Campaign would do, but in fact, the community, right from the Passover Campaign back in March, really stepped up ... They have trusted the Federation will do the right thing and is doing the right thing for our vulnerable population and they're willing to support us in doing that."

Levin went on to list the ways in which Federation earned that trust. Most notable among them was its partnership with Jewish Family Services and the synagogues, which saw volunteers from across the community spectrum shop and deliver food packages to the vulnerable, and strong committee work by an engaged board of directors who brought forward a number of new initiatives in the areas of Jewish education and strategic planning.

"We've really been very lucky and had a lot of resources on our board. One of the wonderful things was when everybody on the board wanted to stay on the board ... And of course," said Levin, "one of the most important things is that I secured Gustavo until 2025. That is one of my great accomplishments."

At Federation's AGM this coming May, Levin will pass the mantle of leadership to Federation VP Howard Eisenberg, who has been studiously preparing for his new role.

"We're very lucky to have Howard,"

said Levin, singling out his work as chair of Federation's strategic planning committee for special praise.

Rymberg, too, praised Eisenberg for overseeing a complex process that resulted in a strategic plan that has since been adopted by other small Jewish communities.

"Howard oversaw a process in which we set goals and priorities for the future based on the strategic plan that the community put together," he said, "and meeting those goals will be the focus of his presidency." Those goals include growing Federation's annual Campaign, community endowment fund, and volunteer base, and securing a permanent home for JHamilton in the form of some kind of community campus.

Regarding his and Levin's partnership, Rymberg said, "I think that we were both very lucky to be starting fresh at the same time ... For both Jacki and me, community came first and we were always very focused on bringing the community together and on being transparent, so that people would know exactly where their donations were going."

Rymberg feels immense pride about what the community achieved over the last year, mixed with a little regret. Regret that the community didn't come together at Yom Ha'atzamaut and Yom HaShoah; that 1,000 Hamilton area high school students missed out on Federation's Student Symposium on the Holocaust; that three Hamilton couples and four local Grade 11 and 12 students missed out on a cancelled March of the Living experience. But he also feels pride that, despite the trials of the COVID-19 pandemic, the community's generosity has made it possible for Federation to do its work for another year.

"I really see that the community understands that Federation is essential to the Jewish community," he said. "We fed the hungry, matched volunteers with our more vulnerable community members, and hosted excellent Jewish book and film festivals. We tried to make ourselves relevant and essential to the community, and we succeeded beyond all our expectations."

Incoming Federation president shares his vision for the coming years

Howard Eisenberg will assume the position of president of the Hamilton Jewish Federation at the organization's AGM this spring



FOR ANYONE who knows anything about Howard Eisenberg's background, that he would one day find himself president of a Jewish Federation is not surprising. Eisenberg was raised in a family steeped in Windsor's Jewish communal life, owing to the fact that his father, the late Joe Eisenberg, was that city's Federation executive

director for 31 years. An immigration lawyer who moved to Hamilton in the 1980s, Eisenberg has always looked back at his formative years that saw Windsor Jewish youth spending the majority of their time at JCC or B'nai Brith Youth programs with great nostalgia.

The same is true for his early years in Hamilton, when he was welcomed into the B'nai Brith Men's Bowling League and the city's Jewish softball league. Eisenberg began taking on leadership roles in the community with stints as president of his B'nai Brith lodge and president of the JCC. When the JCC closed its doors, he joined the Federation board, and has risen through the ranks since then.

Eisenberg considers himself "the luckiest guy in the world because I am getting mentored by two of the best."

"It's such a pleasure to deal with these people who are really competent, yet unassuming... They take their work very seriously ... I have so much to learn, I'm so excited about this."

Eisenberg's vision for his term is to see the return of the B'nai Brith Youth Organization (BBYO) to Hamilton and have Federation continue its fight against antisemitism.

In the meantime, Eisenberg envisions community programs will continue to be offered virtually "until we're safe."

"What's been remarkable to observe during this last eight or nine months is how we have been able to keep going during COVID ... I think we've done great."

PETTINELLI MASTROLUISI LLP

CHARTERED ACCOUNTANTS

For more than 25 years, Pettinelli Mastroluisi LLP has provided auditing, accounting, income tax and estate planning services to clients in a variety of industries, including manufacturing, construction, healthcare, retail, service and automotive. Pettinelli Mastroluisi LLP is committed to helping clients grow their businesses profitably. Through its affiliate, Pettinelli Mastroluisi Valuations Inc., the Firm provides valuation and litigation support services including expert testimony in court.

T. 905-522 6555 F: 905 522 6574 6th Floor, One James Street South, Hamilton ON

In just a few weeks your dog becomes a well-behaved family member!

- Online Classes or In Person Classes
- We have online students in 29 countries around the world - including Israel!
- Put an end to Barking, Nipping, Chewing, Jumping Up, Pulling on the Leash
- More Than 500 Free Educational Videos on our YouTube channel



McCannDogs.com

We've helped more than 100,000 dogs become well-behaved family members. And we can help yours too...online or in person. Contact us today!

Fresh hope runs through Shalom Village

After two rough months, residence seems to be emerging from COVID-19 outbreak

BY **STEVE ARNOLD**
SPECIAL TO THE HJN

FRESH HOPE RUNS through Shalom Village today—hope that the COVID-19 outbreak that killed 20 residents and sickened hundreds may soon be ending.

Ken Callaghan, who has been CEO of the Macklin Street North campus for barely a month, dares to voice that hope. His evidence includes the fact that the number of infections is falling with fewer than a dozen active cases remaining. In addition, the majority of residents and staff have been vaccinated.

As promising as those factors are, the veteran healthcare leader warns it's still too early to relax defenses against the deadly virus.

"We're on the tail end of this outbreak now, but we can't let our guard down," he said. "It just takes one slip and it can come back in and then it's so hard to get over it again."

For the first nine months of the COVID-19 pandemic, Shalom Village managed to keep the infection at bay through a complex set of safeguards that tried to wall the home off from the virus. The complex of 81 apartments and 127-bed long-term care facility was closed to all visitors and residents and staff were subjected to twice-daily checks for symptoms. Apartment residents were confined to their units, the dining room was closed and recreational and other programs were cancelled.

When the infection attacked Shalom Village was without a chief



Shalom Village CEO, Ken Callaghan

administrative officer. To fill the gap until a proper search process was conducted, the board of directors asked Hamilton dentist Larry Levin to step in. With his dental practice shut down by COVID regulations, he agreed and launched an aggressive program aimed at keeping the virus out.

That diligence, however, ultimately wasn't enough. Through December and January, the virus tore through the complex. By the end of 2020, it had infected 163 people – 72 staff and 91 residents – and killed 19. By Jan. 22, total infections were 209 – 97 staff and 112 residents – and 20 had died. Reports, initially released almost daily but now limited to three times a week, show total infections peaked at 211 on Jan. 20. The last death was recorded Jan. 3.

Callaghan took over the top job Jan. 4, but day-to-day management

is being handled by St. Joseph's Healthcare under a three-month voluntary agreement.

No one knows how the infection got into the home, and it's a question that may never be fully answered, Callaghan said.

"This is part of a global pandemic and long-term care homes aren't isolated from that," said Callaghan, noting as many as one-third of all such facilities in the province have been invaded by this virus. "We are looking into each and every area of the home and doing a deep dive into all of our processes to get a handle on this."

The ravages of the disease have been especially hard on staff and residents of the tight-knit Shalom Village community. Staff, however, have been bearing a special burden.

"Our staff has been working day and night since the shutdown," he said. "It has been a really terrible situation for the residents we've lost and their families, but it has also been very hard on our staff."

Workers also have access to counselling and other supports through their employee assistance program.

As the battle drags on residents have been expressing frustration with the lockdown of their home. Measures currently in force keep those in the apartment complex from leaving their units to use the communal showers or even to stroll around their floors. Those who rely on the help of essential care workers for daily activities are being denied that aid.

Levin has promised "The minute we can let helpers back in, we will absolutely do that."

Callaghan has said those restrictions remain necessary because every time a resident does go out, their unit requires deep cleaning. The lockdown won't be lifted, he added, until 14 days after the last active case has been identified at the Macklin Street North complex.

The final ruling will be up to the city's public health department.

Hopes of eventually defeating the outbreak hang now on getting staff and residents vaccinated.

The first shots were issued in mid-January. To date, almost 90 per cent of residents and 70 per cent of staff have been inoculated with the Pfizer vaccine. Second injections, and the first for those too sick to be treated earlier, are set for Feb. 2, if vaccine is available.

Shipment of the vaccine to Canada has been slowed by production delays from Pfizer. The provincial government has said it will deal with that shortage by giving the frailest residents of nursing and long-term care homes first chance at second shots while having healthier people wait.

In addition to its other problems, the virus has also created some significant financial worries for the non-profit facility.

"Our budget is struggling, as is the budget of any other long-term care facility," Levin said. "This makes our financial picture a very difficult one on a number of different levels."

Levin explained that under the current model, homes such as Shalom Village are funded

through rents charged for the apartment units, provincial per diem amounts for nursing home care and food and the fundraising efforts of its supporters. COVID-19, however, has both raised costs and sliced into revenue because, while long-term care beds are full, some apartments are going vacant.

"The long-term care units are always pretty full, but some of the apartments are vacant because we can't show them to potential residents," he said. "That loss of rental income is just another factor we have to face in dealing with COVID."

To meet that challenge in the short term, a special fundraising appeal has been launched through the Shalom Village website. The longer term fix, Levin said, will require the provincial government to change a model that has left the long-term care sector chronically underfunded.

The province has promised a commission to look into the long-term care home system and Levin said Shalom Village's leaders will be involved in that effort.

"We will contribute to that because we want to make sure that the government understands how years of underfunding have helped to create problems that are apparent during this crisis," he said. "Not everything is the fault of government, but a good part of it is. We want to make sure government understands this and makes the necessary changes so we have a higher level of care in our system."

FOLLOW THE TREND IN WATERDOWN

trend LIVING

BUILDING 3 COMING SPRING 2021
REGISTER AT TRENDLIVING.CA

MODERN CONDOS
starting from the **MID \$300s**

NEW HORIZON
DEVELOPMENT GROUP

Authentic Montreal-Style Bagels

Try our delicious Lox, Chopped Liver, Smoked Meat, Tuna and Egg Salad Sandwiches, Assorted Platters & Pastries, Knishes, Latkes & Cheese Blintzes, Matzah Ball, Chicken Noodle and Minestrone Soup, Freshly baked Challah

Save Time. Order Online or order through Skip the Dishes or Uber
Open 7 days a week

Old Bagel House
University Plaza, 101 Osler Dr #120, Dundas (905) 627-5299
oldbagelhouse-ontario.com

Change. Adapt. Innovate.

These two business owners, severely affected by the pandemic, have adapted and evolved to a changing restaurant and takeout market

BY **ABIGAIL CUKIER AND WENDY SCHNEIDER**
HAMILTON JEWISH NEWS

Joshy's Good Eats

HAMILTON FARMER'S MARKET

Who doesn't feel happy when eating a bagel with lox and a schmear of cream cheese? While this belief is certainly shared by many, it is what led Joshua Charbonneau to create Joshy's Good Eats.

Charbonneau cures trout and salmon and offers them up in delicious varieties like beet, Maryland Spice, lemon dill and pastrami spice. To complete the experience, he also sells additions such as pickled onions, sourdough bagels from General Bread and Pastry on James Street North and cream cheese supplied by Elite Dairy in Toronto.

A trained chef, Charbonneau lost his job at the beginning of the COVID-19 pandemic and thought he might as well take a chance on a new business, opening Joshy's Good Eats in July. He was five years old when his grandfather taught him how to smoke trout and he has had a passion for it ever since. He was even general manager of Schmaltz Appetizing in Toronto, which serves smoked and cured fish.

Charbonneau's passion is apparent as he describes his process for making gravlax. First, he washes the salmon fillet with Spring Mill Distillery gin. Then, he makes a crust from Diamond Brand kosher salt and brown sugar, which stays on for 72 hours. He then scrapes off the crust and applies spice mixes (Pastrami or Maryland), fresh dill and lemon or pureed beet. Charbonneau then slices it by hand and vacuum packs it.

Joshy's Good Eats now has a stall in the Hamilton Farmers' Market and supplies restaurants and markets in Hamilton, Toronto, Guelph and St. Catharines.

"When I started, my idea was, 'be too small to fail.' If it didn't work, I could say I tried and just pack up and move on," says



Josh Charbonneau of Joshy's Good Eats

Charbonneau, who moved to Hamilton from Toronto 18 months ago. "The response has been fantastic. There has been huge interest and I have customers who come a few times a week to pick stuff up for their family."

The pandemic is affecting how he operates. For example he is selling smaller packages of fish because people aren't entertaining now. The holiday season would have normally been a time to go big, offering party platters, but instead, he responds as needed to the developing situation.

"Small businesses are suffering. But if we figure out how to get through this and adjust to what customers need now, for example the smaller portions, we will get through it," he says.

While he describes his business as a fish shop, Charbonneau thought it was important to add to the experience with offerings like bagels and cream cheese.

"When people walk through the market and see the stall, they are shocked and stunned and happy," he says. "Who doesn't get happy when they eat a bagel and lox? Whether it's a Jewish kid from Pennsylvania or an office worker from Toronto, a love of this soul food makes people happy. That's important, especially now, to have those little things that can make you smile."



Mark Morgenstern in front of his restaurant

renaissance and the positive impact of Supercrawl and the soon-to-be-opened GO station on his thriving business. Today, however, a landscape of shuttered up stores and restaurants stands in stark contrast to those halcyon days. And yet, Morgenstern is not complaining. Unlike many of the neighbouring restaurant owners, he owns his building, and take out and delivery was always a big part of his business.

His neighbours, on the other hand, are having "a tough, tough time."

"All these restaurants are paying a good dollar for rent," he said. "If you depend a lot on the wine and beer sales, it hurts if there's no dining in ... So if people come to your establishment because of the drinks, then you're in trouble."

Morgenstern, in the meantime, is holding his own, thanks to online delivery services like Uber and Skip The Dishes, which account for a third of his business, while charging up to 30 per cent commission.

"I'm not making any money ... but on the other hand, I'm moving product ... The worst you can do is to panic in times like this. You just have to try and figure out what's the best way to keep going."

The child of Hungarian Holocaust survivors who emigrated to Canada in the mid 1950s, Morgenstern and his two siblings spent their formative years on a kibbutz founded by their parents' generation. Resiliency, you could say, is in their blood.

That's why he makes a point of supporting local businesses, and encourages others to do the same. As for ordering in, Morgenstern says to order take out directly through his website, which bypasses online delivery services, and is an easy way to know you're helping.

Charred Rotisserie House

JAMES STREET NORTH

Back in pre-COVID times, it was the smell of Portuguese-style rotisserie chicken that would often lure passersby into Mark Morgenstern's Charred on bustling James Street North. In fact, that was precisely the idea behind Morgenstern's decision to design his restaurant, which opened in August 2013, with an open kitchen as its central feature. It wasn't unusual, Morgenstern told the HJN back in 2015, to see customers pull out their cellphones to photograph up to two dozen chickens at a time roasting over a massive bed of hot charcoal.

Other popular items on the menu are Charred's signature matzah ball soup, bris-ket sandwich and Caesar salad.

When the HJN last spoke to Morgenstern in January 2015, he was filled with optimism about the James Street North

The Shalom Village Foundation and Shalom Village would like to express their heartfelt gratitude to the Hamilton Jewish Community, and all of our wonderful supporters, for their steadfast support, donations, and good wishes. Our staff, and most especially, our seniors, are profoundly moved by the generous donations, and outpouring of kindness we have received during these difficult times.

Everyone who lives, works, and volunteers at Shalom Village and the Shalom Village Foundation is humbled and inspired by your generosity and thoughtfulness.

THANK YOU!





Inside the Juravinski ICU ward Dr. Bram Rochweg cares for critically ill patients, including patients with COVID-19.

JURAVINSKI HOSPITAL

‘We’ve just got to get through these next two to three months.’ Words of an ICU physician on the edge

Dr. Bram Rochweg believes we are all on the verge of the most challenging period in the fight against COVID-19

BY **WENDY SCHNEIDER**
HAMILTON JEWISH NEWS

FOR BRAM ROCHWERG, an intensive care physician at Juravinski Hospital, the week before Christmas 2020 in his ICU was the most challenging of his six-year career. You could say that Rochweg, who comes across as affable and exceedingly modest, lives and breathes everything related to COVID-19.

When he’s not in the ICU, he’s involved in research relating to treatment of the disease. He headed up a team of McMaster University researchers who played a direct role in the World Health Organization’s November announcement that recommended against the use of the antiviral drug touted by U.S. President Donald Trump.

Back in March, Rochweg read with alarm reports of doctors in Italy and New York City being forced to make life and death decisions in overflowing ICUs. But despite the pandemic ripping through the province’s long-term care facilities, Ontario hospitals never saw the surge of COVID-19 patients last spring that they had expected.

“We cleared out the ICUs. We made tons of capacity and then because of these draconian public health measures, we sort of dodged the bullet,” Rochweg

told the HJN, adding that, at most, his ICU saw only 10 critically ill patients during the spring and summer months.

All that changed by the end of November. The number of COVID-19 patients began to shoot up, increasing the pressure of a unit already acting at full capacity due to the backlog of rescheduled cancer and elective surgeries delayed during the first lockdown. The HJN spoke with Rochweg in mid-December, days before the province announced another lockdown that would take effect on Dec. 26.

“The last week on service in the ICU was incredibly challenging,” said Rochweg. “We’re all feeling it. The hospital staff are getting sick, nurses are getting sick and everyone’s a little bit more stressed this time. Everyone’s trying to rise to the challenges, but inside the walls of the hospital there’s this increasing recognition that the situation is untenable.”

There is, however, hope on the horizon. Aside from the promise of mass inoculation, Rochweg said he’s been encouraged by the positive impact of corticosteroids in reducing lung inflammation in critically ill COVID-19 patients.

“With all the research I’ve been involved with ... and so many drugs and interventions that we’ve investigated, up until this point there’s only one that’s proven

beneficial in sick COVID patients and that’s run of the mill cortical steroids,” he said. “Otherwise, it’s just the normal stuff that we do for all patients with respiratory failure: good nursing, good vent care, and really just giving the body time to heal on its own.”

It can be tough going on patients, he acknowledged, but drug treatment options for COVID-19 remain limited, as they generally are for any virus.

There’s been another change in the Juravinski ICU over the last nine months—the timing of when to intubate patients. Rochweg said that in the spring, when there were still so many unknowns, the common practice was to intubate patients “a little earlier than we normally would,” as a precaution against risk to healthcare workers and a well-meaning, but mistaken desire for more control over an escalating situation.

“When oxygen levels drop to where you have no choice, you put them on the ventilator. But we’re not being too proactive with it,” he said, in recognition “that we should just treat these patients like everybody else.”

One area of discussion about which Rochweg is unequivocal, relates to the drug regimen given to Donald Trump and Rudy Giuliani, who seemed to emerge relatively unscathed from their respective bouts with COVID-19,



“There aren’t a lot of drugs that work. You just support somebody, get them through it, use life support if you need to, hope that’s enough and wait for it to run its course. Unfortunately, that’s the best we still have. That’s not to say, you go onto our trial registries and there’s thousands of clinical trials looking at different drugs to see if they work, but up to this point, steroids are really the only one.”

DR. BRAM ROCHWERG
Associate professor at McMaster University and ICU site lead, Juravinski Hospital

despite being in a high-risk category for complications.

One of the drugs President Trump took, Remdesivir, as well as Regeneron, received a lot of attention, but McMaster researchers made a recommendation against them. The group believes the medications are not effective against COVID-19 and may distract from the things that do work.

“Yes, it’s a deadly disease, but the majority of people still survive, even in the high-risk sub groups. So Donald Trump was probably going to get better no matter what,” said Rochweg, adding that he thought it was equally likely that President Trump was admitted to hospital for side effects from the experimental drugs as it was for the disease.

Rochweg is “massively hopeful” that the vaccines are going to be effective and is cautiously optimistic that this spring, we will start to see a decline in COVID-19 rates as a result.

Until then, he believes it’s important that we, as a society, continue to make the necessary sacrifices to minimize deaths, while prioritizing education, cancer screening and chemotherapy, surgeries and stem cell transplants.

“Everyone’s fatigued. Everyone’s sick of the restrictions, of not seeing their friends and family,” he said. “For young, healthy people, the risk of dying from COVID is low, but the impact on our society is huge. In my mind, somebody who’s 50, 60, even 70 and was previously healthy is not old, and to see these people who’ve had no real past medical history dying, it’s still super impactful and hard. There is a light, but we’ve just got to get through these next two to three months.”

As per January 15, 2021

ANNUAL CAMPAIGN

\$1,217,723.00

TOGETHER

WE REACHED 94% OF OUR GOAL



**RIGHT NOW, AS YOU READ THIS,
YOUR GIFT IS POWERING LIFE-CHANGING MOMENTS
ACROSS TOWN AND ACROSS OCEANS.**

You create countless opportunities for those in need while also imagining new programs that keep the spirit of innovation alive.

You are powering all things Jewish - from food banks to future leaders.

There isn't a single aspect of Jewish life that your gift doesn't impact.

YOUR GIFT TO FEDERATION POWERS IT ALL.

NO ORGANIZATION POWERS MORE JEWISH MOMENTS THAN FEDERATION.

Please give today, and your gift will help us to reach our Campaign Goal of \$1.3 million.

With your help we will continue to change lives and build community every moment of every day.

905.648.0605 X 303 • [JEWISHHAMILTON.ORG/DONATE](https://www.jewishhamilton.org/donate)

STRONGER THAN EVER, STRONGER TOGETHER.

As per January 15, 2021

HAMILTON EMERGENCY CAMPAIGN

\$135,054.56

JFNA MATCHING CAMPAIGN

\$67,527.00

EMERGENCY CAMPAIGN

\$202,581.56



DOLLARS ALLOCATED ON JANUARY 6, 2021

HAMILTON HEBREW ACADEMY	\$ 41,500
MCMASTER HILLEL	\$ 2,700
HAMILTON JEWISH FAMILY SERVICES	\$ 18,800
KEHILA HESCHEL SCHOOL	\$ 20,000
SHALOM VILLAGE	\$ 90,206
FEDERATION EMERGENCY FUND	\$ 29,375

BETH TIKVAH FOUNDATION

5,000 MASKS AND 300 BOTTLES OF HAND SANITIZER

THANK YOU!

STRONGER THAN EVER, STRONGER TOGETHER.

Princess Purim

3rd Annual **Zoom Party**

Sunday, **Feb. 28** | 11am – 12 pm



Join us in our virtual wonderland for an hour of songs, Purim stories and conversations with our honoured guests Belle and Cinderella!

Celebrate Purim dressed in your favourite costume while you enjoy our fairytale festivities.



Pick up your Purim Party Box full of snacks, hot chocolate and your tiara on Feb. 25 | 10 am to 5 pm and Feb. 26 | 10 am to 2 pm at JHamilton | 1605 Main Street West

PLEASE REGISTER TODAY! | \$15 PLUS HST PER CHILD

<https://hamiltonjewishfederation.regfox.com/princess-and-me-purim-party>

For more information please contact JENN LASLO 905-648-0605 | JLASLO@JEWISHHAMILTON.ORG



Nadia Rosa named to the Order of Hamilton

Founding member of the Holocaust Education committee, Rosa has received well-earned recognition for her contributions to building a better community

BY ABIGAIL CUKIER
HAMILTON JEWISH NEWS

WHEN NADIA ROSA moved to Hamilton in 1968, she attended a Yom Hashoah ceremony and was shocked at the small number of people in attendance.

She soon joined with a few others to form a Holocaust Education Committee to help create events and increase awareness in the city. In the decades since, Rosa has been instrumental in Holocaust education throughout Hamilton, speaking about the Holocaust, antisemitism, anti-racism and bullying at schools, churches and other community organizations.

For her work in educating thousands of students and other community members, Rosa was named to the 2020 Order of Hamilton, which recognizes the exceptional voluntary contributions of individual Hamiltonians to the building of a better and improved City of Hamilton.

"It is important because there are so few of us who can speak for so many of who didn't make it. I feel an obligation," Rosa said. "I think of the children. That hurts more with age, not less. I think about them and how they died. The only thing I can do is speak for them."

Among her contributions, Rosa helped create the annual Student Symposium on the Holocaust, a half-day program that includes a historical overview of the Holocaust, survivor testimony and a question and answer period, as well as the annual teacher's seminar on the Holocaust. These events are still going strong, and the 22nd annual student symposium was held recently. Rosa has also served on the board of Beth



PHOTO BY WENDY SCHNEIDER, HIN

Nadia Rosa speaking at a high school symposium on the Holocaust, an annual program at Mohawk College that she helped initiate.

Tikvah, a non-profit social service agency for adults with developmental disabilities, and was an active member of ORT Hamilton, a charity that aims to transform lives through education and training.

"The fact that the city has recognized one of our survivors, I think it is really meaningful for the Jewish community," says Hamilton Jewish Federation CEO Gustavo Rymberg. "For her to be recognized as a Holocaust survivor, and for everything that she has done for Holocaust education and antisemitism in the city, I think was really important."

Rymberg is also grateful for Rosa's meticulous archiving of materials from speaking engagements and various events, including recordings and articles, as well as speeches from every student symposium. "This is much of the history of Jewish Hamilton," he says.

For Rosa, it is not only

important to preserve this history, but to help guide future generations. She says when she speaks to middle school students, she tries to make a connection between the Holocaust and bullying.

"I try to bring it to their level," she says. "I tell them that if they are bullied or they see bullying, they can choose to be a bystander or go and tell someone. Because this is how it happens." With older students, Rosa discusses the order of events that led to the Holocaust, including legalized discrimination, isolation, emigration, ghettoization, deportation and extermination.

"I tell people that generalizations are dangerous, when you say 'those people.' We are all human beings," said Rosa. "I read somewhere that the Bible can be summed up in one sentence, 'Don't do to others what you don't want to be done to you.' If you go by that, you can't go wrong."

Rosa's family denounced by informant and arrested by Gestapo

BY ABIGAIL CUKIER

NADIA ROSA was born in Bratislava, Czechoslovakia in 1938. She lived with her mother and her maternal grandparents in the Bratislava ghetto during the Second World War. Her father was a representative for MGM in Eastern Europe and was in Yugoslavia when the Czechoslovakia government stripped Jews of their civil rights with the Jewish Codex. He could not return home.

Rosa's grandfather's shop was confiscated and handed over to people loyal to the government. But, according to the rules, if the new people were not able to manage the property, the previous owners were given an economic exemption. Rosa says this saved their lives.

In 1942, most Slovak Jews without the exemption were deported to the death camps in Poland, among them Rosa's cousins, Erika and Imi, and their parents.

Rosa's mom worked in the backroom of a couturier salon, so Rosa spent most of her time with her grandparents. When she was six years old, the family went into hiding in different places. Rosa was hidden with a family on the outskirts of town. The family was good to her, but Rosa could not go outside and missed her mother and grandparents.

On Christmas Eve 1944, Rosa's mom came to be with her. The next morning, the Gestapo came. The family had been denounced by an informant. Rosa and the rest of her family were taken from their hiding places to the Sered and Terezin concentration camps.

During the day, Rosa would go with other children to line up for food. Her mother worked, sorting



PHOTO COURTESY OF NADIA ROSA

At the end of May 1945, Nadia Rosa and her mom, Renee Fiala-Beer were reunited with her father, Major Alexander Fiala. They are pictured here at a wedding. Rosa was seven years old.

potatoes—the good ones for the Germans and the guards, the rotten ones for the camp inhabitants. Sometimes, her mom was able to steal some potatoes, which was strictly forbidden and severely punishable, if caught.

This was a transit camp, with people regularly being transferred to Auschwitz. From 15,000 children, only 150 survived. Rosa's fate was different because Auschwitz was liberated at the end of January 1945. Rosa and her mom were liberated on May 9, 1945, but many of their relatives died, including Rosa's grandparents.

Rosa and her mom eventually reunited with her father. She later married Alex and they had a daughter.

Rosa earned her PhD from the Slovak Academy of Sciences. When they moved to Hamilton, Alex became a math professor at McMaster University and Rosa began doing research in the Department of Pediatrics. She also started on a lifetime of dedication to Holocaust education.



Rhoda Katz z"l Holocaust Education Endowment Fund

Rhoda grew up in Toronto to a family steeped in Jewish values and love for the Jewish people. Rhoda believed in giving back to community and helping those less fortunate than herself. She took her philanthropy seriously.

In the Hamilton Jewish Federation's Book of Life, Rhoda recalls becoming one of Hamilton's first Lions of Judah and being part of a large group of dynamic and dedicated Jewish women working with a sense of shared purpose on behalf of Jewish charitable causes. Rhoda was a role model of what it means to live generously, and her passing has left a void in our community.

Like their parents before them, Rhoda and Bernie raised their sons, Benjy, Danny and Larry, and their granddaughters Amanda and Jordana, to live generously and give back to community.

May Rhoda's memory be a source of blessing and inspiration to us all.



BOOK OF LIFE



YOUR PRESENT IS OUR FUTURE

SECURE YOUR COMMUNITY WITH A LEGACY GIFT

Legacy gifts keep Hamilton Jewish Federation's endowment strong. Our community benefits every year from donors who created legacy gifts: gifts of permanence (endowments) that support our annual campaigns, operations and community programs.

Contributions from endowments are critical source of ongoing annual funding that helps to make possible much of the vibrant, diverse Jewish experience from which we benefit today.

A legacy gift is a fundamental act of faith – when we leave these gifts, we do not know what is going to happen in the future, but we are driven by a belief in the future of the Hamilton Jewish community.

AND TODAY IS THE MOMENT.



STRONGER THAN EVER, STRONGER TOGETHER.

To learn more about ways to leave a charitable legacy through the Hamilton Jewish Federation please contact **Gustavo Rymberg at grymberg@jewishhamilton.org or 905.648.0605**

Helping international students cope with the pandemic

Mac Money coach Terry Bennett helps international students cope with unprecedented levels of stress

BY **WENDY SCHNEIDER**
HAMILTON JEWISH NEWS

MOVING TO A NEW country can be an overwhelming experience for international students in the best of circumstances. But when McMaster University closed its campus and dorms last spring, their stress levels rose exponentially.

While domestic students may have been happy to reconnect with family, many international students were denied that option due to closed borders or the need to meet their research and lab requirements. Some graduate students lost on-campus or local jobs, making them particularly vulnerable.

Thankfully, McMaster University was well positioned to help students through a wide range of on-campus support systems, including the Mac Money Centre (MMC), a service provided by the university's Student Success Centre, which equips students with financial skills to manage their money and minimize debt.

Terry Bennett is a certified credit counsellor, who has been the centre's on-site money coach since 2018. Before COVID-19, she counselled students and ran webinars on topics related to financial literacy. But when Canada went into lockdown last March, she quickly shifted into overdrive, working long hours from home to help her students access

desperately needed funding.

"Students weren't able to get home. They were worried about their families, trying to finish school and they were running out of money," said Bennett.

Finding solutions to these issues was critical and time sensitive. So Bennett and her colleagues at Student Affairs spent the next six months trying to help students access funding for basic living. "I was basically working 24/7 because I was dealing with people in all different time zones. I didn't have to be, I could have turned off my phone, but I just couldn't," said Bennett. "I think I was very similar to lots of other people working at the school. We just felt that we had to be there for the students."

In addition to helping students apply for government support programs like the Canada Emergency Response Benefit (CERB) and the Canada Emergency Student Benefit (CESB), Bennett and her colleagues helped students find part-time employment, renew visas and cope with the challenges of remote learning. Of particular concern, was helping students deal with the anxiety and depression from months of social isolation.

"The isolation is remarkably difficult," said Bennett. "They're not seeing their friends. They're not able to go out. Some of our students don't have good internet service. The stresses that these students are under have been extraordinary."



PHOTO: WENDY SCHNEIDER, HJN

Terry Bennett worked late into the night in the early months of the pandemic answering emails from international students.

So too, is the stress that staff are facing. Bennett, for one, has often felt overwhelmed by the technological demands of her COVID-era responsibilities. "We're all very tired and overwhelmed by our learning, although I think we're really surprised by our ability to be creative," she said. "I don't think that if anyone had said you're going to learn five different platforms one day before you had to go on the platform, that you'd ever be able to do it. And I think that all of us have risen to the challenge."

Today, Bennett continues to see students individually (on Zoom) and runs about two financial literacy webinars a week. "Even though they're out of the country,

these students are still paying tuition and they still need to be filing their taxes. So from that point of view, we're every bit as busy," she said, adding that she has to remind international students to continue to file taxes, as they will eventually return to Hamilton.

Nearly 12 months into the pandemic, there's no question that sitting for hours in front of her computer screen has taken its toll on Bennett's back. But she has no regrets for how she spent those initial weeks and months. "I just thought I had to keep doing it, because these kids had nobody else. You were their lifeline."

JNF CANADA ANNUAL CAMPAIGN 2021 5781 RESTORE & REMEMBER



JNF CANADA
BUILDING ISRAEL TOGETHER



1. Help Holocaust Survivors Cope During Their Golden Years



2. Plant Trees To Attract Bees At Plugot Forest



3. Let JNF Decide

MAKE YOUR CONTRIBUTION:
JNF.CA/ANNUAL-CAMPAIGN
HAMILTON@JNF.CA
905.527.5516 ext.1

First Name: _____
Last Name: _____
Phone: _____
Address: _____

City: _____
Postal: _____
Email: _____
Cell: _____

Yes! I would like to contribute to the 2021 Annual Campaign with a gift of:
 \$54 \$100 \$150 \$250 \$1,000
 \$1,800 \$3,600 \$7,000 (Grove)
 Other: \$ _____

I would like to allocate my gift to:
 Help Holocaust Survivors Cope During Their Golden Years
 Plant Trees To Attract Bees At Plugot Forest
 Let JNF decide
 I would like to make a monthly gift of \$ _____

Cheque Payable To:
Jewish National Fund of Canada Enclosed
Please Charge My: VISA MC

Name on Card: _____

CC # _____

EXP. ____ / ____ CVV _____

1605 Main St. West Hamilton, Ontario L8S 1E6
905.527.5516 ext.1 jnfhamilton.ca

McMaster Jewish students do not live in fear

An article published online was intentionally edited to alter the author's point of view and mislead the reader

BY EZRA NADLER

SPECIAL TO THE HAMILTON JEWISH NEWS

AN ARTICLE RECENTLY APPEARED in my name on a website called TheJ.ca. The article's title implied that McMaster University students live in fear on campus. While the background to how the article appeared is less relevant, I want to clarify any misconceptions regarding Jewish life at McMaster. In my opinion and experience, McMaster is one of the best universities for Jewish students.

As a participant in a fellowship with an American media-monitoring organization, I wrote an essay refuting claims that Israeli society falsely promotes itself as gay-friendly to attract tourism. Upon the organization's request, I submitted the piece to the J. The website published the article under my name, before letting me review the final draft, under the headline, Jewish And Pro-Israel Students At McMaster Keep Their Heads Low In Fear Of Being Attacked. The article included no mention of Jewish student reactions to the pink-washing assertions.

The J refused my request to remove the article after I argued that it did not reflect my original work and that the headline was misleading. The article has caused many Hamilton Jewish community members to worry that Jewish students may be afraid of facing harassment at McMaster.

This deeply disturbed me and prompted me to share this story more broadly, so that community members are aware of the truth, coming from me, and not from any outside

organization. While the catchy headline of the article may ring true at other universities around the world, it is not the case at McMaster University.

McMaster's Jewish community is 500+ students strong and students walk freely, wearing visibly Jewish and Israeli garb. There have been instances over the years, where I have spoken with anti-Israel activists who portray Israel in a negative light or outright deny its right to exist. However, I have never been personally attacked on campus for my opinions and I have had the opportunity to talk with many people whose perspectives differ from my own. A few students and faculty members have even expressed how grateful they are to hear different narratives and be able to learn from others. I

have had enriching and mind-opening conversations with people of all different faiths, the majority of whom would never discriminate against anyone on the basis of their religion at McMaster.

The tight-knit Hamilton Jewish community is like no other and it has truly enriched my university experience. I have always felt welcome and a part of the warm community here, ever since Welcome Week in first year. Hillel and Chabad, as well as the greater Hamilton Jewish community, have all contributed to my amazing experience. McMaster Hillel has always been there for Jewish students, whether for Jewish holidays,

educational or Israel-related events or social gatherings. I am grateful to the Hillel staff for all they have done to help and to have them as a reference for any concerns that may arise. McMaster Hillel truly looks out for its students, both on and off campus. Students of all faiths and backgrounds have a home at McMaster, regardless of the message that some media may aim to portray.

I can assure you that most Jewish students are not afraid and take great pride in being Jewish on campus. Just last spring, before the COVID-19 lockdown, we held a remarkable "Israeli Shuk Day" in the middle of campus, complete with a falafel stand, a Dead Sea spa experience, information about the diversity of Israel, and more. This

"While my experience with the J and the monitoring group was disappointing, it taught me several important lessons."

EZRA NADLER
Student, McMaster University

event, along with the other Israel-themed events on campus, do not reflect fear. They reflect the courage and spirit of the Jewish and pro-Israel community at McMaster and in the greater Hamilton com-

munity. We keep our heads high with pride, both on and off campus.

While my experience with the J and the monitoring group was disappointing, it taught me several important lessons. First, I learned how to ask for help. I was working blindly with organizations that I knew very little about and was reluctant to ask for advice from the many resources I am privileged to be able to access for direction. I have learned that it is better to ask for help than to try to do everything independently.

I have also discovered that we cannot always rely on others to respect the integrity of our work,



PHOTO: NAME GOES HERE

particularly in the area of communications and journalism. Many individuals and publications, both in print and digital, prioritize their ideas and beliefs, and that of their readership, (at the expense of the perspectives and viewpoints of the writers whose work they publish.) My recent experience has taught me to be cautious and skeptical before naively following the instructions of people who may have little concern or regard for my personal experience or perspective.

Ezra Nadler is currently in his third year of the Bachelor of Arts and Science program at McMaster University.

Ezra Nadler wants to clarify misconceptions about Jewish student life at McMaster.

Charred ROTISSERIE HOUSE

Follow us on social media: @charredrotisserie

@charredchicken @charredhamilton @charredchicken

WELCOME TO CHARRED

All our products are made in-house and all our chicken is locally sourced, raised without antibiotics, and free run.

Our chicken is cooked fresh over a flaming bed of hardwood charcoal to deliver that delicious "Charred" flavour in every bite.

Take Out, Delivery, and Catering available!

www.charred.ca

Join our mailing list for your chance to receive a FREE meal every month!

244 James St. N.
Hamilton, On L8R 2R3
(289) 396-0662

Kehila Heschel School

ecoschools
écoécoles
CANADA

Now accepting registration for Kindergarten 2021/22

- Excellence
- Trilingual
- Environmental
- Jewish Values
- Curiosity
- Innovation
- Respect
- Experiential
- Community

Some spaces available in other grades

Contact:
office@kehilaschool.ca
905-529-7725
215 Cline Avenue N.,
Hamilton, ON

Survival at what cost?



Miriam Sager

THE DECISIONS ABOUT whom to vaccinate first remind me of a standard ethical dilemma that used to be thrown at us in my teens: you and a friend have enough water for just one of you to survive the desert hike. What do you do? It was a realistic example, as dehydration was a real, and deadly, danger. While medical ethicists wrestle routinely with seemingly impossible moral dilemmas, I do think that if we haven't yet, we would all do well to turn our individual attention to the question of what we would do if there was a limited supply of essentials.

Those who are even reasonably well off may rarely encounter this question, except, perhaps, when there is just one parking spot left. If that last package of toilet paper was not really a matter of life or death, whence the desperation that can cause us to forget our humanness? Was it the long-forgotten scarcity of adult attention and patience for us as young ones, which occurs even in the most loving of families? The famines passed down through generations from long-gone times when humans had to figure out how survive? The wars, poverty and displacement that our ancestors may have experienced not so long ago? These, or the like, may have formed the underpinnings of the insatiable, irrational drive for security at any cost, in the form of more and bigger profits, land, belongings—even by those who already have more than anyone could possibly need. This trend is driving the human-caused mass extinction we are witnessing.

Inequitable distribution of wealth and racism have made us oblivious to the lives sacrificed for our convenience: the dangerous child labour, the devastated forests with their dwellers, both human

and wildlife, the stolen lands. But what if the basic premise of that old dilemma is false? What if there is no inherent conflict among humans, if what seems essential is not so, if there is enough to go around of what we truly need—if only we do not destroy our world by grabbing more than our fair share?

Our species has evolved to perfectly suit this planet, and has been gifted with the intelligence and resilience to adapt to almost any environment, but challenges like surviving on sheer cliff sides and in the icy north have been met in community. It is our social group that makes us strong in the face of adversity. True safety and well-being lie not in wealth and guns, but in closeness with others. Those who have the least know that, and tend to be the most generous. Now more than ever, selfish hogging of resources is a myopic strategy: no one can survive alone on a dying planet.

Our culture glorifies individuals who sacrifice themselves to save others, but success is still defined, by and large, in individualistic, competitive, materialistic terms. It is time we stepped away from this contradiction, and refused to participate in harmful worldviews and practices. It is certainly uncomfortable to question our every choice—be it purchases, vacations, how we get around or whom we vote for, and I cannot claim to have mustered the strength of character to always do what I know is right. But even more important than our individual choices is what we all do as a world-wide community. For a sustainable future, we may find inspiration in the Indigenous Dish With One Spoon Wampum agreement: “Take only what you need, leave some for everybody else, and keep it clean.”

Miriam Sager works at the Hamilton Sexual Assault Centre and facilitates sharing circles about climate change.

A wedding in the family



Phyllis Shragge

I DEBATE MY CLOTHING OPTIONS while my laptop waits for me. Normally, a Zoom get-together requires a decent-looking top—preferably one without stains—and some comfy leggings that no one can see, but this Zoom event will be more demanding. This particular gathering in June 2020 poses the question: What do I wear to my son Ben's wedding when I'm not really there?

I'm annoyed. There would have been no clothing debate had the original wedding, scheduled for two weeks before, not been ravaged by COVID-19. I would have worn the long, glittery, form fitting silver gown I bought in December 2019, but it is now neglected and forlorn, residing in a garment bag in my closet, likely its permanent home. When I bought the dress, my only concern at the time was that it might be slightly too form fitting and reveal even the tiniest stomach bulge as I walked my son down the aisle. Oh well, I told myself, I just won't eat for 24 hours before the wedding. Did I jinx the gown's future by having doubts about it? And did I exacerbate the doubt by neglecting to remove the sales tags?

Ben and Yelena live in Boston. The wedding was to be held in May 2020 in Saratoga Springs, New York, the city where Yelena grew up. The ceremony was to be a traditional Jewish service. I would have sucked in my stomach as I escorted my son towards the chuppah. My daughters would have looked glorious in their bridesmaids' gowns. As a groomsman, my other son would have been smartly dressed in a conservative well-tailored suit. Our guests would have shared our joy as Ben and Yelena joined together as a married couple. The ceremony would have been followed by a wonderful

dinner, emotional speeches and lively dancing. It would have been a fabulous evening, providing fond memories for years to come.

But then our world changed. COVID-19 became a global pandemic. We were faced with restrictions on social gatherings and the Canada/U.S. border was closed to non-essential travel. We had no choice. We had to cancel the wedding.

I picture the wedding as it was supposed to be, with family and friends gathered together, smiling, shaking hands—even hugging! The reception would begin with the joyful first note of Hava Nagila, a clue for all to hold hands and circle round and round as they danced the Hora.

When we first realized the wedding couldn't go on as planned, we were horrified that all the details discussed and re-discussed, all the lists made, and all the travel arrangements confirmed, would be out the window. But gradually, we realized that cancelling the wedding was a minor hiccup in the grand scheme of things during our new COVID-19 world.

So the wedding as we envisioned it is cancelled. The ceremony is held in a lovely park in Beverly, Massachusetts. There are no guests. A lone photographer is the only witness. The immediate families attend virtually.

The wedding is beautiful. I feel as if I am really there.

When the ceremony ends, I say goodbye to my family on Zoom. I realize that my clothing choice is perfect. I'm glad I decided to dress up a bit. My silk-like blouse looks lovely on screen and my chunky silver necklace is the perfect accessory. And as in all Zoom calls, my lower half doesn't matter. No one knows whether I'm wearing leggings, sweat-pants or pajama bottoms.

Phyllis Shragge is a local writer, mother of five, and grandmother of four.

Because knowledge and experience matter.



Jeffrey Manishen



Barry Yellin



Brad Wiseman



Ross & McBride LLP

1 King Street, 10th Floor
Hamilton, ON L8P 1A4

TEL: 905.526.9800

FAX: 905.526.0732

www.rossmcbride.com



PRIVATE WEALTH
MANAGEMENT

CIBC WOOD GUNDY
APEL INVESTMENT GROUP

I am pleased to welcome Yves Apel and his team to the CIBC Wealth Management office of Hamilton.



Yves is an accomplished industry leader who has built a substantial and well respected practice in the GTHA. His passion for client care is unparalleled.

Yves is supported by a Private Banker, Financial Planner, Tax and Estate Planner, Insurance Specialist, Foreign exchange specialists, Commercial banking, Private company Transition and Investment Banking, Trust Services, and a Portfolio research group.

Welcome to the team Yves!

*Tom Cosentino
Vice President and Branch Manager
Hamilton, Ontario*

For a confidential discussion, please contact:

Yves Apel, Vice President and Investment Advisor

905 523-9433 | yves.apel@cibc.com

apelinvestmentgroup.com