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Elon Gold to headline Annual Campaign Kickoff

Jewish comedian says he has a secular act and an act “for my people.” **Matthew Horwood** reports.

Elon Gold says he is looking forward to performing at the Jewish Federation of Ottawa Annual Campaign Kickoff 2020 on Tuesday, September 10, 7 pm at the Algonquin Commons Theatre.

Gold is a comedian and actor who has starred in several TV series, including “Stacked” and “In-Laws,” has appeared on “The Tonight Show” and “The Late Late Show with James Cordon,” and has a Netflix special, “Elon Gold: Chosen and Taken.”

The Ottawa Jewish Bulletin reached Gold in Toronto late last month where he was on location for an upcoming movie, “The Broken Heart Gallery.”

Gold said he enjoys coming to Canada, where he has performed frequently at the Just for Laughs Festival in Montreal and at Jewish federation events in Vancouver and Winnipeg. But the kickoff will mark his first visit to Ottawa.

“It’s time to fall in love with Ottawa,” he said, adding that he is looking forward to visiting “another chill Canadian city.”

Evelyn Silverman, co-chair of the Annual Campaign Kickoff 2020 with her husband Howard, said Gold was chosen to perform because organizers wanted the event to be “light, fun and a great evening of entertainment for the community,” and felt a comedian would be the best choice.

An observant Jew, Gold says much of his humour is powered by his Judaism.

“Just because I live such a Jewish life, doesn’t mean I turn off my eye for all

things funny. That is all the more reason to do so,” he said.

Gold said he has two different types of comedy performances: his secular act, and an act “for my people,” adding that he finds there is something about the shared experience of Judaism that “allows me and my Jewish audiences to vibe on a much deeper level.”

For example, Gold said his jokes about certain Jewish holidays “would just fall flat during my secular act,” that “non-Jewish audiences would have no idea what I am talking about. It’s a unique experience that anybody outside of our little world would be unable to relate to.”

Gold said he doesn’t come at his Jewish act “from a negative perspective,” he is simply poking fun. “There are oddities that are worthy of a bit of fun-poking, and that is my job as a comedian.”

Gold said he believes it’s important to keep a sense of humour in life about everything, including antisemitism, which Gold experienced directly in 2014 while walking home from a Shabbat dinner in Los Angeles.

“One way to sort of fight back – for me at least – is by making fun of it,” Gold said. “[Comedians] talk about what’s going on and what’s relevant to us, and antisemitism falls under those things.”

With tongue firmly in cheek, Gold encourages the community to get their Kickoff tickets now, as “Jews are such last-minute, procrastinating people.”



An observant Jew, Elon Gold says much of his humour is powered by his Judaism.

“Just try to let go of any problems or issues you have and have a fun time, despite how difficult that is for our people,” he joked.

“We have enough problems already in the world and in our lives, so this is an opportunity to forget about it all and have some laughs. It’s going to be a fun

affair,” Gold said.

Tickets for the Jewish Federation of Ottawa Annual Campaign Kickoff 2020 are \$18. Visit <https://tinyurl.com/kickoff2020> to order online. For more information, contact Tanya Poirier at tpoirier@jewishottawa.com or 613-798-4696, ext. 241.

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Barbara Farber becomes honorary lieutenant-colonel of the Cameron Highlanders

Community leader says she is proud as a Jewish woman to serve the reserve unit.

Matthew Horwood reports.

Barbara Farber has been appointed honorary lieutenant-colonel of the Cameron Highlanders of Ottawa (Duke of Edinburgh's Own) by Minister of National Defence Harjit Sajjan.

The Cameron Highlanders are a reserve infantry unit in the Canadian Armed Forces, a part of the 33 Canadian Brigade Group. According to its website, the regiment traces its roots to 1856, and its members have served Canada in "all armed conflicts from the Northwest Rebellion to Afghanistan."

Farber, a prominent leader in both the Jewish and broader communities, said she was approached several years ago by a friend who was at the time the honorary lieutenant-colonel of the Cameron Highlanders. He wanted to put Farber's name forward for the same position, and she accepted. The process took 19 months to come to fruition and she officially began her position on May 9.

Farber explained that the vetting process for the nomination goes "up through the various army ranks to the top, and at that point they recommend it to the minister of National Defence, who then approves it," Farber said.

Lieutenant-Colonel Christopher Jack-

son, commanding officer of the Cameron Highlanders, said the regiment was searching for "someone who had a very prominent role within the community" to be the honorary lieutenant-colonel.

Jackson said Farber's philanthropic efforts, including her involvement with hospitals, First Nations communities, and the city of Ottawa through various boards, made her a "very prominent choice" for the position.

Jackson said Farber has "quickly jumped into her role as the bridge between the regiment and different elements of our city," and that she is a natural speaker with a "big heart."

As honorary lieutenant-colonel, Farber said one of the most important things she will do is help the reservists to secure employment, "because if they are happily employed in Ottawa, they will stay with their regiment."

Farber said many of the reservists have full-time jobs, while others have recently graduated from university or college. Farber said she will be attempting to "incentivize employers to hire reservists, as they are going to be good employees."

Farber said she will also be mentoring and giving advice to the reservists, as



Honorary Lieutenant-Colonel Barbara Farber stands in front of the Cameron Highlanders of Ottawa regimental colours at the Cartier Square Drill Hall.

MATTHEW HORWOOD

well as being a consultant to her commanding officer from a "business and charitable perspective."

"I've often been accused of mothering everybody, and that's kind of part and parcel of the role I will be playing," Farber joked.

Farber said her approach to the role will be "one of knowledge" with the goal of acquainting people with what the unit does. Farber said she would like to make the Cameron Highlanders "a household name in Ottawa," as she would "venture to say few people know what the Cameron Highlanders are."

Farber is the second member of Ottawa's Jewish community to serve as honorary lieutenant-colonel of the Cameron Highlanders. Former Ottawa mayor Jacquelin Holzman served in the position from 1999 to 2005. Holzman – who said she has known Farber for many years – offered her congratulations and said she expected Farber would "represent the regiment well."

Holzman predicted Farber will "take great pride in her role," especially

during the Remembrance Day Ceremony at the National War Memorial. Holzman encouraged Farber to dress warmly for the November 11 ceremony, as "her knees will get cold."

Another Jewish community leader, Roger Greenberg, serves as the honorary colonel of the 30th Field Artillery Regiment, which is also based in Ottawa.

Farber said she feels "extremely proud" to have accepted this position as a Jewish woman, and hopes she can "bring some of that diversity to the Canadian Armed Forces."

Farber has already had several meetings with her brigade and hosted a barbecue at her home for the junior officers. She said the regiment now calls themselves her "extended family."

"I was gratified by the first function I attended. They were concerned about providing a kosher meal for me, and that kind of effort and sensitivity really speaks volumes," Farber said.

"I want to treat them with the same kind of respect and try to help as much as I can," she added.

613Archives podcast begins telling stories from our community

BY MATTHEW HORWOOD

The Ottawa Jewish Archives has launched a new podcast, 613Archives, to tell stories about the history of Ottawa's Jewish community.

Archivist Zoe Thrumston says the podcast was given this name because 613 is both Ottawa's area code and the number of mitzvot listed in the Torah.

While a lot of her work involves cataloguing newly donated materials, "the fun part of my work is getting the information out there through educational programming and dissemination projects," Thrumston said.

"I was thinking about how the community might want their stories told, and I thought a podcast would be a great way to do so because they are creative, accessible and easy to digest," Thrumston said.

"The issue is making [history] fun



613Archives podcast host James Gutman (left) with archivist Zoe Thrumston.

and compelling to people."

Thrumston is the researcher and writer for the podcast and her collaborators are history buff James Gutman as host and klezmer/hip-hop musician Joshua "Socalled" Dolgin as producer and sound-mixer. A \$3,000 grant from the Ottawa Jewish Historical Society helped



Joshua "Socalled" Dolgin performing at the Montreal Folk Festival on the Canal.

make this possible.

The first episode of the 613Archives podcast – which is now available on such podcast platforms as Spotify, Google Play and Apple Podcasts – is about the history of Adath Jeshurun, Ottawa's first Jewish congregation. The second episode will discuss the histor-

ical roots of Rideau Bakery. As for the next three episodes, Thrumston said she wants them to be a surprise for the community.

Thrumston said her team has already received positive feedback from the community.

"People are interested, and I think Ottawa's Jewish community hasn't had a podcast just about us before... It is fun to hear about your own history," Thrumston said.

Thrumston said she will not be basing the podcast's success solely on the number of listeners.

"If I can have even a few people listening who are touched, entertained or have learned something, then I would consider this a success," she said.

For more information about the 613Archives podcast, contact Zoe Thrumston at archives@jewishottawa.com or 613-7984696, ext. 260.

Counsellors bring Israeli flavour to Camp B'nai Brith



A record number of young Israelis are working as counsellors this summer at Camp B'nai Brith of Ottawa. Bulletin reporter **Matthew Horwood** visited the camp and spoke with three of them.

There is a distinctly Israeli flavour to Camp B'nai Brith of Ottawa (CBB) this summer as campers interact daily with 17 Israeli counsellors – the largest ever group of Israeli counsellors at CBB. Iris Fainberg, who hails from Jerusalem, said for many campers the presence of Israelis at CBB “is in and of itself an association with what Israel is.”

“I find it so interesting to be that person who can be a bridge to Judaism and Israel, even for something like translating a prayer,” Fainberg said. “Kids sometimes say [Hebrew] words and have no idea what they mean, but being able to explain them is an amazing thing.”

Nitzan Haviv, from Bat Yam, said the Israeli counsellors are being given “the opportunity to empower connections between Israel and the Jewish community, and for the next generation of the community.”

(From left) Iris Fainberg, Liam Afota and Nitzan Haviv are three of the 17 young Israelis enjoying the summer while working as counsellors at Camp B'nai Brith of Ottawa.

Liam Afota, from Nesher, who is at CBB completing his year of service as one of the Jewish Federation of Ottawa's shinshinim, said “the fact I am here sharing my experiences makes the campers feel more connected to Israel. They will remember the Israeli counsellors they had.”

Afota's shinshinim partner, Inbar Haimovich, is also at CBB as a dance specialist and counsellor.

CBB has numerous programs and activities, including athletics, waterfront and arts. Fainberg said there are activities that would appeal to any type of child.

“Whether the child is artistic or sporty, shy or outgoing, this is their opportunity to try new things and to shine,” she said.

Haviv said for him, it is “really important that my campers try new things.”

Some of the camp's activities and events relate specifically to Judaism and Israel. For example, on Fridays, the campers come to Shabbat dinner “in beautiful white clothing,” said Fainberg.

On Saturdays, the Israeli counsellors host Shabbat programs to help campers learn about different aspects of Israel, including culture, food, and games, according to Afota.

Asked about some of the notable interactions the Israeli counsellors have had with campers, Fainberg recalled a “special moment” during an activity when the kids were asked to write about or draw things they associated with home. Fainberg said many of the kids wrote down “Israel,” despite none of them having lived there.

“That was very powerful to see,” she said.

See CBB on page 8

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OTC to host kosher barbecue festival, September 8

BY MARCIA CANTOR
FOR OTTAWA TORAH CENTRE CHABAD

The school year will have started and many people will be thinking about holiday cooking, but barbecue season will still be going strong when the Ottawa Torah Centre (OTC) holds its first annual Ottawa Kosher BBQ Cook-Off and Festival in partnership with the Ottawa Vaad HaKashrut and the Canadian BBQ Society on Sunday, September 8, from 11:30 am until 3:30 pm.

Taking place on the OTC parking lot at 111 Lamp-lighters Drive in Barrhaven, the event will be a celebration of rich flavours and cuisine while engaging all sectors of Ottawa Jewish life. Seven teams from across the Jewish community will compete in a one-day extravaganza featuring pit masters and cooks, grilling and smoking in various categories including best brisket, chicken, and turkey, all in keeping with a kosher diet.

Summertime kosher barbecue cook-offs and Jewish food festivals have gained popularity in many Jewish communities. They have become a creative way to bring communities together to bond over food, enjoy

Jewish music, and connect with other Jews in a welcoming and inclusive environment open to all ages, backgrounds and affiliations.

Some teams are competing on behalf of community organizations such as the Ottawa Jewish Community School and Camp B'nai Brith of Ottawa. Others are groups of individuals and barbecue enthusiasts in our community. The double-blind entries will be judged by certified Kansas City Barbecue Society judges and other local celebrity judges. Teams must meet their criteria for each entry.

There will be "taster tickets" for sale so fans can vote for the People's Choice Award. The festival will conclude with an award presentation ceremony for the winners of the competition in each category.

All participating teams will be on the same level playing field. Each team will be provided with the same equipment – a kettle grill and a smoker – and the same amount and quality of meat.

The festival will also feature Jewish music and a kid's zone with a nine-hole mini-putt, as well as inflatables and carnival games.

A kosher food court will be open throughout the day featuring a variety of kosher barbecue delicacies. Participants will be able to feast on pulled brisket sandwiches, corned beef sandwiches, Moroccan burgers, hot dogs, veggie burgers, knishes, fries, salads and drinks, as well as popcorn and cotton candy. The festival will also include a craft beer garden featuring two local brewers and their beers.

The Ottawa Kosher BBQ Cook-Off and Festival will also create a unique annual opportunity for the non-Jewish community to experience kosher food and Jewish culture. This new initiative – supported by a Jewish Federation of Ottawa Jewish Experience Microgrant and the Norman Lesh Philanthropy Award from the Ottawa Jewish Community Foundation – promises to be a fantastic day and a great opportunity to meet new people, as well as congregate with old friends.

Admission to the festival is free of charge. Tickets for the food court and the kid's zone are available online in advance at www.theotc.org/bbq as well as at the festival. For more information, call OTC at 613-843-7770.

Israeli economy is a 'miracle,' but problems remain

BY MATTHEW HORWOOD

Despite facing several challenges, Israel's economy is doing extremely well, said Shai Babad, director-general of Israel's Ministry of Finance since 2015, during a visit to Ottawa.

Babad was the keynote speaker at a "Lunch & Listen" event presented by State of Israel Bonds, June 12, at the Soloway Jewish Community Centre, where he discussed Israel's economy and some of the major challenges facing the country.

Overall, Babad said Israel's economy is a "miracle" with its gross domestic product (GDP) being seven times higher than in the 1950s, and its GDP per capita being 50 times higher.

Israel's economy, he said, is growing at a rate of 3.5 per cent per year, which is higher than the Organization for Economic Cooperation and Development average. According to Babad, this means



Shai Babad, director-general of Israel's Ministry of Finance, discusses the country's economy during a visit to Ottawa, June 12.

"the market is doing well, the economy is growing and more people are joining the labour force." Babad said more than 20 per cent of global investments in cyber technology are being made in Israel.

However, Babad said, Israel still lags behind other developed countries when it comes to GDP per capita and GDP per hour worked. He attributed this to the country's Haredi Orthodox and Arab populations, which have "low skills, and thus low productivity."

Babad said an important avenue to reducing Israel's economic inequality is through education. He pointed out that richer cities in Israel – such as Tel Aviv – receive more funding from the government for education, as they have the "political leverage to push for money."

According to Babad, another major problem for the Israeli economy are housing prices, which have boomed dramatically over the past 10 years, rising 107 per cent from 2002 to 2019.

In order for Israel's housing demand to keep up with population growth, Babad said the country would have to build 40,000 new homes every year.

This explosion in housing costs, he said, is "destroying the ability of young people and couples to build their lives," and is often their highest single expenditure.

Babad said since 2016, the Ministry of Finance has taken steps to streamline the home-building process, such as requiring the numerous permits needed to develop housing to go through the Ministry of Finance.

While it used to take about 13 years to obtain permits and build a house, "we took down government bureaucracy, and now the average time between planning to build the house and actually getting the keys is five years," Babad said.

Another example of government bureaucracy is the difficulty in opening up small businesses, which according to Babad takes up to a month in most countries, but can take up to six months in Israel.

"Large businesses have lawyers to solve problems and deal with bureaucracy, but when it comes to small and medium enterprises (SMEs), they often describe government with frustration," he said.

Babad said the Ministry of Finance has taken steps to increase competition in Israel's financial sector, such as assuring more credit is handed out in an "accessible and competitive way" to SMEs.

Another important issue for Israel's economy, he said, is reducing the size and scope of the black market. In 2010, the World Bank said Israel's black market economy was equal to 22 per cent of its economic output. "Those billions of shekels are not being put into welfare, education or construction," Babad explained.

Finally, Babad said Israel is falling behind other developed countries in infrastructure and pointed to the Tel Aviv-Jerusalem railway as an example. It has been under construction since 2001 and was only partially opened in 2018, due to engineering difficulties and bureaucratic delays.

"This is not a rail to Siberia that is 3,000 miles long. It's a seven-kilometre, above ground railway" Babad said.

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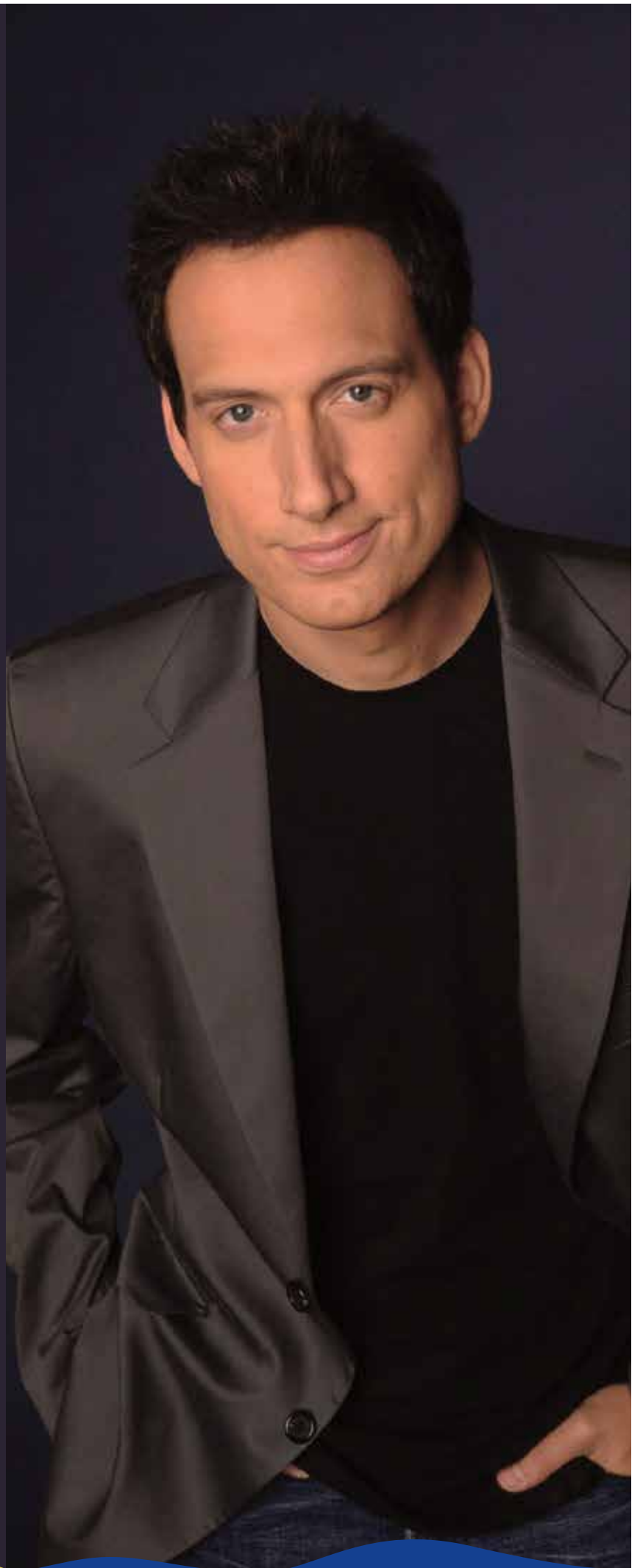
ELON GOLD

Comedy and Community

Chairs: Howard and Evelyn Silverman

September 10 @ 7 pm

Algonquin Commons Theatre – Building E
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Tickets on sale now!

For more info visit our website
at jewishottawa.com/kickoff

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FEDERATION
REPORT



LEILA AGES, OTTAWA JEWISH
COMMUNITY SCHOOL

Ensuring meaningful education grounded in Jewish values

This is certainly a reasonable question, as my personal connections to OJCS runs deep. My father-in-law is a proud graduate of the very first Hillel Academy graduating class of 1956. He was followed by my husband, and my children – two graduates and the youngest to graduate this year.

This legacy of commitment is precisely why I am privileged to take on the role. I want to ensure students within our community benefit from the OJCS experience as my children did. I look forward to continuing the work of the previous president, Michael Polowin, and the board who successfully led the school into a position of stability. As a board, we are responsible for holding OJCS and its mission in trust for future generations of the Ottawa Jewish community and, as such, we will continue on this clear path to ensuring long-term sustainability. This

includes our commitment to establishing an endowment fund capable of securing OJCS' permanence as a leading Jewish Ottawa institution.

To maintain the calibre of excellence over the coming term, we will continue to work on succession plans to guarantee a board leadership development pipeline. We will particularly focus on strengthening board member engagement and the personal commitment to the ambassadorship of OJCS.

It is an exciting time at OJCS with Jon Mitzmacher entering his third year as head of school. The performance metrics are on an upswing, as is the general positive feeling in the building and in the community. OJCS has solidified its particular and unique way of doing things, guided by our "North Stars."

As a board, we are working to internalize these guiding principles so that

they seamlessly align with our strategic planning. The board regards and values OJCS as a critical and vital resource in the Ottawa Jewish community. This significant responsibility pushes us to work towards the highest standards and to hold ourselves accountable to both the OJCS family and the greater Ottawa Jewish community. We strive to make valuable connections and partnerships within the community as "we learn better together" (one of six North Stars) as a strong OJCS can only contribute to a strong Jewish Ottawa.

I am honoured to be part of this journey to secure a meaningful education grounded in Jewish values for our future leaders. The next time I am asked why I accepted the role of board president, my simplest reply will be the words of Rabbi Hillel: "If not now, when?" (*Ethics of the Fathers*, 1:14)

I have received many congratulatory remarks over the past month as I share the news of my official appointment as the new board president of the Ottawa Jewish Community School (OJCS). What has inevitably accompanied the genuine praise is a registration of surprise followed by a question: "Why would you take on this responsibility at a time when you are at the tail end of your family's chapter at OJCS?"

FROM THE
PULPIT



RABBI EYTAN KENTER,
KEHILLAT BETH ISRAEL

It's a small world and even smaller Jewish world

about our plans for all of the Torahs. We acknowledged that since the majority of the scrolls required significant work, we would need to figure out how to navigate the bevy of repairs. And in an effort to look beyond our own use, our shul leadership discussed donating some of the scrolls to smaller communities who couldn't otherwise afford a scroll of their own. A Torah can easily cost upwards of \$20,000.

A few months after their visit, I received a phone call from Sofer on Site. An individual had reached out to them for a Torah scroll for his community. Might we be interested in donating one of our scrolls to them? Once we heard a little bit about the community, we knew that we had to assist them.

The request came from the Jewish community of Arusha, Tanzania, a generations-old community made up of descendants of Jews from Yemen and Morocco who arrived in the 1800s. This 70-person strong community lost its Torah in the 1970s – when it was destroyed in fights between Christian evangelicals and the Jewish community – and were requesting one so that they could worship more fully. The leader of the community, who is a lawyer and professor, studies almost daily via Skype with a rabbi in New Jersey in order to gain the skills necessary to guide his community. However, the community remains iso-

lated and unable to fully pray without a Torah.

The Kehillat Beth Israel board overwhelmingly agreed to donate one of our Torah scrolls to this community, but one cannot simply FedEx a Torah to Africa. Additionally, we wished to use the Torah donation as a way to foster a relationship between our communities so that we can continue to support and learn from one another. Therefore, this November, a group of over 30 from Kehillat Beth Israel will arrive in Arusha with a Torah and the opportunity to better understand one another. I look forward to documenting our trip this fall and sharing it with the larger community.

For now, I take great satisfaction that this gift will bring our two communities together. We've already seen the impact of this partnership, as one delegate in our group has connected this community with the Commonwealth Jewish Council, providing a link to the wider Jewish world where previously there was none.

As the leader of the community told me, while geographically distant, these conversations make Canada feel mere minutes away. I cannot wait to further develop this relationship and explore the ways in which our communities can continue to enrich each other for many years to come. It is, after all, a very small Jewish world after all.

As the inheritor of the ritual objects of not only the two legacy congregations that became Kehillat Beth Israel, but also of the Jewish communities of Pembroke and Cornwall, our congregation found itself in possession of 33 Torah scrolls. Upon my arrival at the synagogue a little over three years ago, 11 Torahs were in the arks and the rest were kept under less than ideal conditions in a storage room. For the sanctity of these scrolls, we knew this could not continue.

To determine the status of the Torah scrolls in storage and whether they were eligible for use, we contacted a company, Sofer on Site, to examine all of our scrolls and ensure that those in use are still kosher, and to determine what repairs others would need to resume kosher status.

When Sofer on Site arrived, they quickly worked their way through the 33 scrolls, but couldn't help but ask

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FROM THE EDITOR



MICHAEL REGENSTREIF

No matter what one may feel about the policies of “The Squad,” four women of colour elected in 2018 to their first terms in the United States Congress, or even the antisemitic tropes that were tweeted by one of them, there was no denying the explicit racism employed by U.S. President Donald Trump in his attacks on them last month.

“So interesting to see ‘Progressive’ Democrat Congresswomen, who originally came from countries whose governments are a complete and total catastrophe, the worst, most corrupt and inept anywhere in the world (if they even have a functioning government at all), now loudly and viciously telling the people of the United States,

A Canadian is a Canadian is a Canadian

the greatest and most powerful Nation on earth, how our government is to be run. Why don’t they go back and help fix the totally broken and crime infested places from which they came,” Trump tweeted on July 14.

And that was only the beginning of Trump’s tweet storm.

Just for the record, three of the four congresswomen Trump was attacking – Alexandria Ocasio-Cortez, Ayanna Pressley and Rashida Tlaib – were born in the United States. The fourth, Ilhan Omar, was born in Somalia and was brought to the U.S. legally as a refugee when she was a child. Omar became an American citizen in 2000 when she was 17.

By the way, earlier this year when Jewish organizations and congressional colleagues came down hard on Omar for employing antisemitic tropes in criticizing Israeli government policies toward the Palestinians, she did apologize for them – even writing an op-ed in the Washington Post describing Israel as the “historical homeland” of the Jews and reiterating her support for a two-state solution to the conflict, calling for “internationally recognized borders, which allow for both Israelis and Palestinians to have their own sanctuaries and self-determination.”

So, while Omar did come to understand why Jewish people were hurt by her words, and apologized for them, Trump has shown no such understanding.

Even leaders of some of the U.S.’s closest allies took the unusual step of calling out the American president for remarks he made about domestic political opponents.

“The prime minister’s view is that the language used to refer to these women was completely unacceptable,” said the spokesperson for then-prime minister Theresa May of the United Kingdom.

German Chancellor Angela Merkel said she rejects Trump’s racist comments and stands in solidarity with the congresswomen he targeted.

“That is not how we do things in Canada. A Canadian is a Canadian is a Canadian, and the diversity of our country is actually one of our greatest strengths and a source of tremendous resilience and pride for Canadians, and we will continue to defend that,” said Prime Minister Justin Trudeau.

Trudeau’s comments were inspiring to hear at that time. Our Canadian Jewish community, and so many other ethnic and religious communities in Canada, have thrived in a country that takes

justified pride in its multiculturalism.

But, and it’s a big but, “a Canadian is a Canadian is a Canadian” is not necessarily true when Quebec, our second-largest province, encompassing nearly a quarter of our population, uses the notwithstanding clause to override the Canadian Charter of Rights and Freedoms to prevent people working in the public sector from wearing kippot, hijabs, turbans and other expressions of religious belief, including Stars of David.

For example, Minister of National Defence Harjit Sajjan is a Sikh whose religion mandates that he wear a turban – a turban that he wears in the House of Commons, a turban that he wore as a Canadian military officer serving on deployments to Bosnia and Herzegovina and three times to Afghanistan, and a turban he wore during an 11-year career as a Vancouver police officer and detective. Now, though, because of that turban, Sajjan cannot be a police officer in Quebec.

With a federal election two months away, are Trudeau and the other federal leaders and candidates willing to defend our diversity – in both official languages – and ensure that “a Canadian is a Canadian is a Canadian” is more than just a platitude?

IDEAS AND IMPRESSIONS



JASON MOSCOVITZ

I haven’t heard anyone talk about acid rain in ages and yet I imagine when it rains, the rain water still contains a significant dose of toxins. It is so hard to declare victory when it comes to the environment. You have to wonder if the problem is bigger than any possible solution.

Acid rain discussion in the 1980s primarily focused on the damage being done to our cherished Canadian lakes. Then prime minister Brian Mulroney tenaciously embraced the cause, making acid rain an important agenda item for his government. It wasn’t the beginning of pollution talk in Canada, but the conversation was more scientific than it had ever been.

With the science, and an activist gov-

Environment will be major election issue

ernment, a new wave of environmental awareness was ushered in. In almost four decades since, there have been many waves, big and small, that have kept the environmental pot simmering while Rome burns. What was a debate about acid rain is now a worldwide debate about climate change.

It is clear the environment will be an important issue in the October federal election. While it is a safe bet environmental issues will play a more significant role than in any previous election, progressing on climate change is going to be as formidable a task as ever.

While melting ice caps in the far north is a scientific fact, and while there are more global examples of extreme weather than ever before, climate change deniers are active and boisterous and determined to continue to deny the obvious. Their act of denial is not for nothing, because really caring about the environment means changing old habits and spending a lot of money.

Ultimately, it is political leadership that says thumbs up or down to measures to cut the high levels of greenhouse gasses that are bad for the planet. To make impactful change means diminishing our dependence on fossil fuel. It also means paying more in taxes.

When Prime Minister Justin Trudeau says Canadians will be reimbursed for the carbon tax, just remember that Mulroney used to say the goods-and-services tax would be revenue neutral. There is no such thing as a tax that doesn’t come out of your pocket.

In Ontario, a decade ago, then Liberal premier Dalton McGuinty set out on a green agenda. His government closed coal generating plants and spent countless millions on windmill farms. After all the “green” changes were made, Ontarians’ hydro bills skyrocketed. According to a 2017 study by the Fraser Institute, Ontario hydro bills were the highest in Canada, yet climate change is as big a threat as ever.

Getting rid of straws and plastic bags can’t be bad ideas but the reality check is this: as long as we use gas powered cars and diesel trucks, how is significant change going to happen? Last month we celebrated the 50th anniversary of landing on the moon, and yet clean electric-powered cars are still not practical enough to put them on every driveway in North America, let alone around the world.

In the October election campaign, Trudeau will try to run as the leader with a practical plan to clean up Cana-

da’s carbon footprint. Yet, at the same time, socio-economic and political considerations will force him to support Alberta in selling and distributing dirty oil from what used to be commonly referred to as the tar sands.

In fairness, Alberta rejects the notion its oil sands is dirty oil. Alberta’s recently elected premier, Jason Kenney, is fulfilling his take-no-prisoners campaign promise to fiercely defend Alberta’s resource sector – even if that shakes the unity of the country. There was nothing subtle about getting people to talk about Alberta separatism again. Obviously, doing things to curtail climate change is not Kenney’s priority.

And that brings us back to Trudeau. He’s a big climate guy who is now also a big oil and pipeline guy. After all, his government actually bought a pipeline company. That \$4.5 billion investment to buy the Trans Mountain Pipeline from Kinder Morgan means the still-to-be-built pipeline from Alberta to the coast of British Columbia now has to be built or Trudeau will have thrown away almost \$5 billion. His own fiscal credibility is on the line.

The bottom line is that committed environmentalists, by definition, are not pipeline builders.



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RIDEAU BAKERY MEMORIES

Thanks so much for the articles, reminiscences, and reactions to the closing of Rideau Bakery.

As a preschooler, we lived on Murray Street, near Friel, and the Kardish baking facility was off a laneway between Murray and Clarence Streets, about three or four doors down from us. Each morning, the smell came wafting in through my bedroom window. I like to joke that it was like mother's milk to me; I was imprinted on it. Later, as a schoolchild, my grandmother would send me to that same laneway location to pick up a rye bread (37 cents in those days), which would be extracted from the brick oven with a paddle, spooned into a bag with the same paddle, along with cautions to be careful because it was hot, and regards for my grandparents (Benjamin and Bessie Polowin). Still later, my grandmother would send me to Rideau Bakery on Rideau Street to get her the live yeast that was fundamental to the challah and cinnamon bread she would bake on Thursdays. And there would always be one of Tillie's poems taped to the front window of the store. My late father would occasionally spoil me with a Florentine from the bakery.

Now grown, with adult children of my own, I have equally warm memories of "doing a Rideau run" with my boys. The fresh salt sticks and onion buns wouldn't make it out of the parking lot before being gobbled up.

And imagine my delight when I learned that the former Germantown Delicatessen on Slater, near where I was working, used Rideau light rye to make the sandwiches sold to downtown workers. Every Monday morning, after preparing sandwiches for the week, the owner would sell off bags of end-pieces - too small for sandwiches - for 35 cents. The glossy chewy end-piece of a Rideau Bakery kimmel bread is better than the best pastry you can find anywhere, and to be able to buy a bag of so many ends was like being able to buy a

winning 6/49 ticket every week!

There aren't many bakeries that can be woven throughout someone's life in so many ways. I tell people that if Kardish hands didn't touch it at some point, even if only to put it in the back of the delivery van, it's simply not bread. Thank you, Louis and family, for being such a welcome part of my life and so many Ottawa lives for so many years. The best of health to you and yours.

Mark Hammer

SHABBAT AT SJCC

I would like to express my appreciation to the Soloway Jewish Community Centre (SJCC) for opening the outdoor swimming pool on Saturdays.

I spent a Shabbat afternoon at the pool. It was not the traditional way of celebrating Shabbat, but for me it encompassed the concept of Shabbat. It was a beautiful, warm and sunny day spent outdoors, and I was able to relax and take a break from my normal activities. I spent time with members of my Jewish community and developed a greater bond with them. It was an enriching experience.

I hope that our SJCC will follow the example of the other Jewish community centres and make more of its facilities available on Shabbat. It would be wonderful to use the library, to get together with friends, or give an opportunity for exercise to those who can't make time on other days of the week.

The focus of the SJCC is on Jewish community. It should recognize the spectrum of Jewish experience in Ottawa and be welcoming and inclusive of those who closely follow traditional practice, as well as those who affiliate with our Jewish community without a strong adherence to religious observance.

Barry Bokhaut

CBB: Kids get a real connection to Israel

Continued from page 3

Afota said that for him, it is the "small moments that make our impact much bigger," such as bonding with the campers during activities and while waiting in lines for events or meals.

"They ask questions about what I will be doing in the Israeli army, about Hebrew and blessings, and about the differences between our two countries," Afota said.

Haviv said he enjoyed teaching the campers Hebrew words and then witnessing them have competitions on who could pronounce them better.

"It can be very funny, and is a lot of fun," he said.

Fainberg said CBB is a place where "it's cool to be Jewish," where the campers can talk about Judaism without feeling self-conscious.

"It feels so oddly natural. This little place felt like home for me within a day. It is exhausting work, but really fun," she said.

Haviv said it was his "pleasure" to have been picked to come to CBB.

Afota said that in a generation where many kids

are addicted to cellphones and computer screens, CBB allows them to "have personal connections to each other and just have fun." Cell phones, he added, are off limits at camp.

CBB Director Cindy Benedek said the camp recruits counsellors from Israel to help ensure the kids get "a real connection to Israel, as opposed to just talking about it or doing programing."

Benedek said the camp has "always had some form of an Israeli delegation," but in past 10 years they have been working with Jewish Agency for Israel, to get "direct hires, instead of going through an organization."

Benedek said CBB would typically receive three to six Israeli staff. But this year, with shinsinim from Ottawa and Toronto, and others recruited via Jewish Agency, CBB is enjoying its largest ever delegation of Israelis at 17.

Benedek said having camp staff from Israel allows the children to "make real life connections and hear how Israel is the same but different" as well as "see Israel as a part of who we are as Jewish people."

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A group of Camp B'nai Brith of Ottawa counsellors who volunteered to be swabbed during the stem cell registry drive, July 24, at the Soloway Jewish Community Centre.

Volunteers have DNA swabbed at SJCC for possible stem cell donations

BY MATTHEW HORWOOD

Nearly 70 people volunteered to have their DNA swabbed during a stem cell registry drive, July 24, at the Soloway Jewish Community Centre (SJCC) to match potential donors to patients who need stem cell transplants.

The drive, organized by the Jewish Federation of Ottawa with the help of Canadian Blood Services Stem Cell Registry, was held in response to the #StartWith-Hillary social media campaign, launched by Hillary McKibbin's parents in the hopes of finding her a potential match.

The six-year-old Manotick girl was diagnosed with a rare blood disease in May. She is one of more than 800 patients in Canada currently waiting for a match.

Volunteers willing to be added to the stem cell registry had to be 17 to 35 years of age and meet certain health criteria in order to be eligible. Younger, male donors were especially encouraged to donate, as they have been known to provide the best patient outcomes.

After completing a short health screening, volunteers swabbed the inside of their cheeks in order to register. If a participant is found to be a match, they will join the World Marrow Donor Association and can then donate stem cells either through bone marrow or a non-surgical blood procedure. Transplants can be used to treat blood cancers such as leukemia, lymphoma and multiple myeloma.

Among those swabbed was a group of counsellors from Camp B'nai Brith of Ottawa (CBB) who travelled nearly an hour to get to the SJCC.

Tommy Friedlich, head of waterfront at CBB, said the group was especially eager to volunteer because Jess Shulman, assistant director of the junior camp, knows Hillary McKibbin's father.

"Everyone here has the luxury of being able to donate bone marrow or stem cells, whereas some people don't have that ability," Friedlich said. "This is a



Jewish Federation of Ottawa Vice-President of Community Building Sarah Beutel (centre) with volunteers Joan Panich (left) and Robert Taylor of the Ottawa Chapter of the Bruce Denniston Bone Marrow Society, who assisted Canadian Blood Services during the stem cell registry drive, July 24, at the Soloway Jewish Community Centre.

great mitzvah and we are happy to do it."

Emily Kom, who helped arrange the drive at the SJCC, said she was ineligible to be swabbed because of her age.

"I was disappointed by the news but still wanted to help. I had the idea of doing a community drive, and thought the SJCC would be a good location," Kom said.

Kom said she made the call to Canadian Blood Services in order to coordinate bringing the drive to the SJCC, while Sarah Beutel, Federation vice-president for community building, "worked out the logistics of the event."

Kom said she didn't want people to be discouraged if they were ineligible to be swabbed. "You can always donate blood instead."

Federal election falling on Shemini Atzeret won't be rescheduled

BY MARCY OSTER

(JTA) – The date of the upcoming federal election will not be changed from October 21, even though it falls on a Jewish holiday.

Chief Electoral Officer Stéphane Perrault announced July 29 that he would not recommend changing the date, which coincides with Shemini Atzeret and Erev Simchat Torah. Earlier last month, the Federal Court ordered him to review a prior decision not to move the date. That review was ordered in response to a lawsuit filed by an Orthodox Jewish candidate and a Jewish voter. They claimed that holding elections on Shemini Atzeret discriminates against observant Canadian Jews.

Chani Aryeh-Bain, the Conservative Party candidate for the Toronto-area district of Eglinton-Lawrence, is an observant Jew and therefore will not be able to campaign on Election Day, nor have members of her community campaign for her outside of polling stations.

Since 2007, the Canada Elections Act has mandated that federal elections be held on the third Monday in October in the fourth calendar year following the previous election. The 2008 federal election fell on the first day of Sukkot.

Of the four days scheduled for advance voting, three are on other Jew-

ish holidays or Shabbat, when observant Jews are prohibited from working, travelling, actively using electricity or performing a variety of workday tasks. However, a special ballot can be sent by mail.

Perrault said he is committed to working with the Jewish community to “maximize voting options.”

In a statement at the time of the court ruling ordering the chief electoral officer to review the decision not to change the election date, Shimon Koffler Fogel, CEO of the Centre for Israel and Jewish Affairs, said the organization would work with Elections Canada to ensure all Jewish voters have opportunities to cast their ballots.

“Changing the date at this stage entails considerable logistical and financial implications. We note that Elections Canada has taken significant measures, in consultation with the Jewish community, to ensure every Jewish voter can cast their ballot,” said Koffler Fogel. “We will respect the chief electoral officer’s decision and will continue working closely with Elections Canada to support its efforts to maximize voter participation and inclusion of the Jewish community – which is a cornerstone of democracy.”

The Ottawa Jewish Bulletin contributed to this report.



Chani Aryeh-Bain, the Conservative Party candidate for Eglinton-Lawrence and an observant Orthodox Jew, launched a lawsuit asking that the federal election date be changed because it falls on a Jewish holiday.

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Israeli Prime Minister Benjamin Netanyahu (right) and then-defence minister Avigdor Liberman speak to the media, Jan. 10, 2017.

Israel Election: Netanyahu says no to unity government

BY SAM SOKOL

JERUSALEM (JTA) – Prime Minister Benjamin Netanyahu is making his political vision for Israel crystal clear, promising to establish “a strong right-wing government.”

“This is my commitment to Likud voters. There will be no unity government,” he wrote in an op-ed published August 7 in the conservative Israel Hayom newspaper.

Netanyahu is pushing back on demands that he form a unity government with the centrist Blue and White party.

“The citizens of Israel face a single choice in the upcoming election: Who will be the next prime minister of the

State of Israel? Will a weak and inexperienced left-wing government led by Yair Lapid and Benny Gantz be established; or rather a strong right-wing government headed by the Likud under my leadership,” he wrote.

“To form a right-wing government, voters from the nationalist camp must wake up and shed their apathy.”

Netanyahu’s comments come after Yisrael Beiteinu leader Avigdor Liberman said that he will only support a candidate for prime minister who is willing to push for a national unity government. Liberman scuttled coalition talks in May and prevented Netanyahu from forming a government, and polls show him gaining strength.

‘We’ve lost a part of ourselves’

El Paso’s diverse Jewish community grapples with a mass shooting

BY JOSEFIN DOLSTEN

(JTA) – Joseph Charter used to feel safe in El Paso. But on August 3, when a gunman killed 22 people and injured 26 at a Walmart store in the Texas city, everything changed.

“I had to go to Target the following day, and for the first time ever I kind of looked around,” he told the Jewish Telegraphic Agency in a phone interview. “You have to start second guessing and be a little more cautious.”

His wife, Fabiola, feels especially vulnerable. She is Mexican American, and the suspect, Patrick Crusius, is believed to have posted a manifesto prior to the shooting in which he railed against immigrants and Latinos. A relative of Charter’s ex-wife was among the victims, and one of his co-workers was there during the attack but managed to escape.

His wife feels “a little more self-conscious about ‘I’m Mexican and there are people here who do not welcome me here,’” said Charter, who is Jewish.

He said the shooting has sparked new discussions with his wife.

“She has now talked about ‘I want to get a gun. I don’t feel safe. I want to make sure if I was ever put in that situation I would have at least some means to try to protect our children,’” he said.

Charter, 33, and his wife belong to the city’s Reform synagogue, where they are one of many Latino-Jewish couples.

“A lot of the families at Temple Mount Sinai include people who have chosen Judaism, who were local people and fell in love with Judaism as they were falling in love with a future spouse, and it includes a lot of interfaith families as well,” said the congregation’s Rabbi Ben Zeidman.

There are approximately 5,000 Jews in El Paso, and even for those who do not have Latino family members, the shooting hit hard. The Jewish community is close with the Latino community, which makes up 80 per cent of the city. Members mix socially and at interfaith events.

“There’s this feeling like we’ve lost a part of ourselves in a way because of what our city is and how we relate to everybody else who is here,” Rabbi Zeidman said.

The rabbi helped organize an interfaith vigil the night after the shooting. He represented his congregation alongside Rabbi Scott Rosenberg of B’nai Zion, the city’s Conservative congregation. Temple Mount Sinai’s choir sang as part of the musical prelude.

[Editor’s note: Rabbi Rosenberg was spiritual leader of Congregation Beth Shalom in Ottawa from 2010 until 2013 and was a contributor to the Ottawa Jew-



People gather at a makeshift memorial honouring victims outside the Walmart in El Paso where the shooting took place, Aug. 6, 2019.

ish Bulletin’s “From the Pulpit” column.]

The Reform congregation, which has nearly 400 member households, is also raising money to distribute to victims and their families.

El Paso is also home to a Jewish federation, a Chabad house, a Jewish pre-school and a Holocaust museum.

“Historically, there’s been a close relationship between the Jewish community and the Hispanic community,” said Rabbi Stephen Leon, rabbi emeritus of B’nai Zion, which has 250 member families.

Rabbi Leon was at the mall where the shooting took place just three days earlier with his wife and grandchildren.

“You just say – without being cliché – just for the grace of God that could’ve been us,” he said.

Like the Reform synagogue, Rabbi Leon’s congregation is diverse. Twenty to 25 per cent of the congregation is Latino – mostly families who grew up Catholic but discovered they have Jewish roots.

Since arriving in El Paso in 1986, Rabbi Leon has been active in reaching out to people in the local Hispanic community who believe they are the descendants of conversos, Sephardi Jews who were forcibly converted to Catholicism during the Spanish Inquisition.

It all started days after he arrived in the city for the first time, when a man from the nearby city of Juarez, Mexico, sought him out to tell him about a peculiar family custom: His grandmother would light candles every Friday night and say a prayer in a foreign language.

That week, two others approached



(From left) Rabbi Ben Zeidman and Rabbi Scott Rosenberg speak at an interfaith vigil with Msgr. Arturo Banuelas following the mass shooting in El Paso, Texas, Aug. 4, 2019.

Rabbi Leon with similar inquiries. It turned out they had Jewish heritage. In all, Leon says 70 families have returned to Judaism through his work. Most live in El Paso, although some are in nearby Texas towns or in Mexico.

“This has become my passion,” the

rabbi said.

Charter said the tragedy has united the city.

“I’m used to having a very close-knit support system in the Jewish community,” he said. “And now I’m seeing it in the greater El Paso community.”


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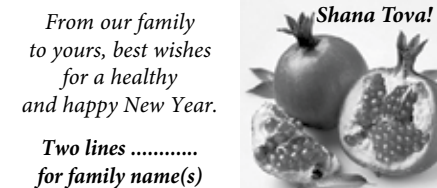
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Shana Tova.

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Opinion: Hamas has held hostage the bodies of two Israeli soldiers for five years. Enough is enough.

BY ARSEN OSTROVSKY

TEL AVIV (JTA) – This month marks five years since Israeli soldier Lt. Hadar Goldin was killed by Hamas in the midst of a humanitarian cease-fire during Operation Protective Edge.

On August 1, 2014, hours after the cease-fire went into effect, Hamas terrorists emerged from a tunnel in Gaza, ambushed an Israel Defense Forces unit and killed Goldin, who was only 23.

Hamas took his body and has been holding it hostage in Gaza, treating it contemptuously as both a bargaining chip and an instrument with which to heartlessly torment his family.

Hamas is also keeping the remains of another Israeli soldier killed that summer, Oron Shaul, who was only 20. To this day, Hamas refuses even to grant the International Committee of the Red Cross access to their remains.

In June, the United Nations Security Council unanimously adopted Resolution 2474, which calls upon parties to armed conflict to take all appropriate measures, to actively search, account for and return the remains of all persons reported missing “without adverse distinction” and “consistent with applicable obligations under international humanitarian law and human rights law.”

Holding the bodies of soldiers killed in action and refusing their return to their next of kin for burial is a flagrant and indisputable violation of the Geneva Conventions and international humanitarian law, as is wantonly using the soldiers’ bodies as bargaining chips and intentionally withholding information about missing persons, which Hamas continues to do.

The bodies of Hadar Goldin and Oron Shaul must be returned to Israel for proper burial immediately, unconditionally and without reservation.

It is not surprising that Hamas, a fanatical Iran-funded Islamist terrorist organization that uses children as human shields and aims rockets at Israeli civilians, does not abide by international law. But what about the commitment of the international community to uphold these fundamental and inalienable principles?

The United States has seemingly been the sole voice to take up this humanitarian cause.

The parents of Hadar Goldin recently met in Berlin with the U.S. ambassador to Germany, Richard Grenell, who called for the immediate repatriation of Goldin’s body while urging those who fund UN Palestinian programs to “demand action.” Former U.S. ambassador to the United Nations Nikki Haley has also taken up the cause of Goldin, both during her time at the UN and after.



Israeli Lt. Hadar Goldin was killed by Hamas in 2014 and his body taken hostage. His parents have waged a years-long campaign to bring back the remains of their son from Gaza.

Jason Greenblatt, the U.S. administration’s point man on the Israeli-Palestinian conflict, has raised the matter repeatedly during international gatherings.

Regrettably, however, there has been almost a callous indifference from the rest of the international community – especially the European Union (EU).

In April 2018, the European Parliament overwhelmingly passed a resolution calling on Hamas to return to Israel the remains of Goldin and Shaul (as well as the civilians Avera Mengistu and Hisham al-Sayed). But the EU has barely paid lip service to its own resolution by failing to apply it and call on the Palestinian leadership to release the Israelis.

The EU, which prides itself on being a beacon of peace, human rights and respect for the rule of law, cannot continue to turn its back on the humanitarian plight of the captive Israelis.

Even just this month, with explosive revelations of mass corruption and ethics breaches at UNRWA, the United Nations’ aid agency for Palestinians, most of the EU has continued with business as usual, serving as an ATM to the leadership of Hamas and the Palestinian Authority: In 2018 it provided a total of \$415 million US in aid, including to Gaza, the Palestinian Authority and UNRWA.

Although it is Hamas that is directly responsible for the killing, abduction and captivity of Goldin, we must also not overlook the legal responsibility of

the Palestinian Authority (PA) led by Mahmoud Abbas.

The PA, which accepted the jurisdiction of the International Criminal Court over alleged crimes committed since June 13, 2014, could be deemed liable under international law for the ongoing crimes carried out by Hamas, including failure to act to bring about the release of Goldin and the other captive Israelis.

However, instead of holding the PA accountable, the EU continues to underwrite the Palestinian Authority’s “pay to slay” program, incentivizing and contributing funds to the PA’s payments of salaries to Palestinian terrorists and their families.

As long as the EU fails to abide by its own principles, as well as commitments under international law and the resolutions of its own parliament, it will

continue to be de facto aiding and abetting Hamas in the perpetuation of this grave crime and abuse of international humanitarian law.

Likewise, the United Nations, under whose auspices the cease-fire was enacted, therefore also bears moral and legal responsibility for Goldin’s capture and return. The UN must uphold its charter and Security Council resolution in demanding the immediate and unconditional release of his remains and all the captive Israelis.

The families of these young men deserve – and by law are entitled to – a proper burial at home in Israel.

It is time the international community showed that it is prepared to uphold the sacrosanct principles of international humanitarian law and that Israeli lives matter, too.



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The puzzling rite of circumcision in the 21st century

‘We are having a boy!!”
Usually I hear about this announcement through e-mail, after the parent-to-be, or parents-to-be, have had their ultrasound and identified the sex of their baby.

In the 22 years I have been doing brit milah, as a mohelet, a lot has changed.

Those number of years ago, parents or the new grandparents were calling me after the baby was born, to make arrangements for the brit milah. I would ask questions to understand their family situation, how extended family may be affected, what this child means for them, understand what their values are, and finally why they want a brit milah.

The responses would include: “It is what we do, right?” “This is for my parents,” “I want my child to be Jewish,” and “This is important to me.” It was mostly taken for granted that the birth of a Jewish boy generally entailed a ritual circumcision eight days later.

Today, the conversations often take place a lot earlier. Parents-to-be have looked up things on the internet, weighed the medical opinions, gone to social media. And some parents ask, “Why are we still doing this barbaric act?” Choosing not to circumcise their child, is a lot more common, than 22 years ago, for



DR. LISA ROSENKRANTZ
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Words have power. Rightly spoken with proper intention, coming from the heart, words can turn the everyday into something remarkable.

Jewish couples. It cannot be taken for granted anymore that our children will circumcise their children, never mind have a brit milah.

Forty years ago, Erich Isaac, a professor at the City University of New York, wrote that ritual observance of all kinds has become problematic not only for non-believers, but for the thinking adherents of various faiths. As we come to understand the historical roots of various practices, they may have made sense at the time, but not as much now.

What are we to make of the mysterious rite of circumcision?

It was practiced by the ancient Hebrews, as well as by Israel’s pagan neighbours. As a general statement, the whole Bible is against pagan practices, and bodily mutilation of any sort.

Circumcision is mentioned in Genesis 17, when it is used as a sign of the covenant between God and Abraham and his descendants. The eighth day is stipulated in Leviticus 12:3 and a flint knife was used for the operation as mentioned in Joshua 5:2-3 and Exodus 4:25. It

does not talk about place, but it is never to occur in a sanctuary or be conducted by a priest.

Today is not the first time that rite of circumcision has been challenged by Jewish families. In the Greco-Roman period, incomplete circumcision was practiced. Jewish males would undergo surgical procedures to conceal their circumcisions, as they were the object of derision in the gymnasium. It was at this time that the rabbis demanded that the whole glans be exposed. It was also at this time that the ‘throne of Elijah’ was introduced, and this derives from the thrones that the Romans used for divine visitors, when a child would be named.

What do I think my role is, today, as a mohelet?

Words have power. Rightly spoken with proper intention, coming from the heart, words can turn the everyday into something remarkable. My role is to facilitate and connect the child and the family to this amazing covenantal Jewish experience.

In conversations with parents I often begin talking about the brit milah ceremony, to explore and strengthen the parents’ attachment to the larger Jewish community, to welcome them and to facilitate this process. I also mention Shalom Baby, PJ Library, and events at the Soloway Jewish Community Centre if they do not yet have a connection to a synagogue to reinforce the opportunity and choice of this Jewish experience.

Ideally, they will experience living a Jewish life as a source of joy that binds people together in celebration and community rather than as laws that restrict and constrain us.

To be a Jew is to become more than what we think we are. As a mohelet, I have the responsibility of changing the personal, private event for the parents, into a public and momentous event for their family, for the House of Israel and for the Divine.

Dr. Lisa Rosenkrantz is a family physician and mohelet in Ottawa.

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Former Ottawan's story of identity and family dysfunction set in 1992 Israel

MICHAEL REGENSTREIF BOOK REVIEW

Passport Control
By Gila Green
S&H Publishing
353 pages

It is 1992 and Miriam Gil, a 20-year-old university student is living at home in Ottawa with her widowed father, an Israeli who moved to Canada before meeting his future wife, Miriam's mother.

Miriam's mother had died five years earlier in a car crash and now her father finally seems ready to move on. He has invited his new girlfriend, Jacquie, to move in, but the last thing Jacquie wants is to share a home with Miriam. Her father lets Miriam know that its time for her to move out. Miriam, who

has never been to Israel, decides to transfer to Haifa University thus setting the stage for *Passport Control*, a compelling story encompassing identity, politics, religion, culture clash, family dysfunction, friendship and love in the Israel of almost three decades ago. The book is written as Miriam's first-person account of the events in the story and her reactions to them.

Like her character Miriam, Ottawa-born author Gila Green is the daughter of an Israeli father and Canadian mother, although she graduated from Carleton University before moving to Israel. She is also a graduate of Hillel Academy and Sir Robert Borden High School. I reviewed her earlier novel, *King of the Class*, in the August 26, 2013 edition of the Ottawa Jewish Bulletin.

Arriving at Haifa University, Miriam finds herself living with Jewish Israeli students, a Druze, a Palestinian, and an American, some of whom don't get along well with each other. One of the Israeli roommates quickly lobbies Miriam to sign a petition demanding that

the Palestinian student be removed from their quarters. At first, the idealistic Miriam resists signing a petition she knows is motivated by nothing but prejudice, but eventually she acquiesces – a deed for which she feels nothing but guilt.

She also reaches out to her uncle, her father's estranged younger brother. Spending Shabbat at Uncle Moshe's kibbutz, she is hurt and puzzled by the emotional distance, even hostility, of Leah, Moshe's wife, a highly placed Israeli bureaucrat. (Eventually she learns the source of the hostility: Leah was her father's first wife and the marriage did not end well.)

During that Shabbat visit, Miriam meets and falls in love with Guy, a student and former Israel Defense Forces soldier who yearns for peace with the Palestinians. As the plot to *Passport Control* twists and turns, the love affair with Guy becomes the most hopeful of the relationships Miriam will have in Israel.

As the daughter of an Israeli studying in Israel, Miriam is advised to get an Israeli passport. But her passport application is rejected when the background check shows Miriam to be the daughter of a Syrian Christian mother and unknown father – plunging Miriam into a bureaucratic nightmare that soon leads to her expulsion from the

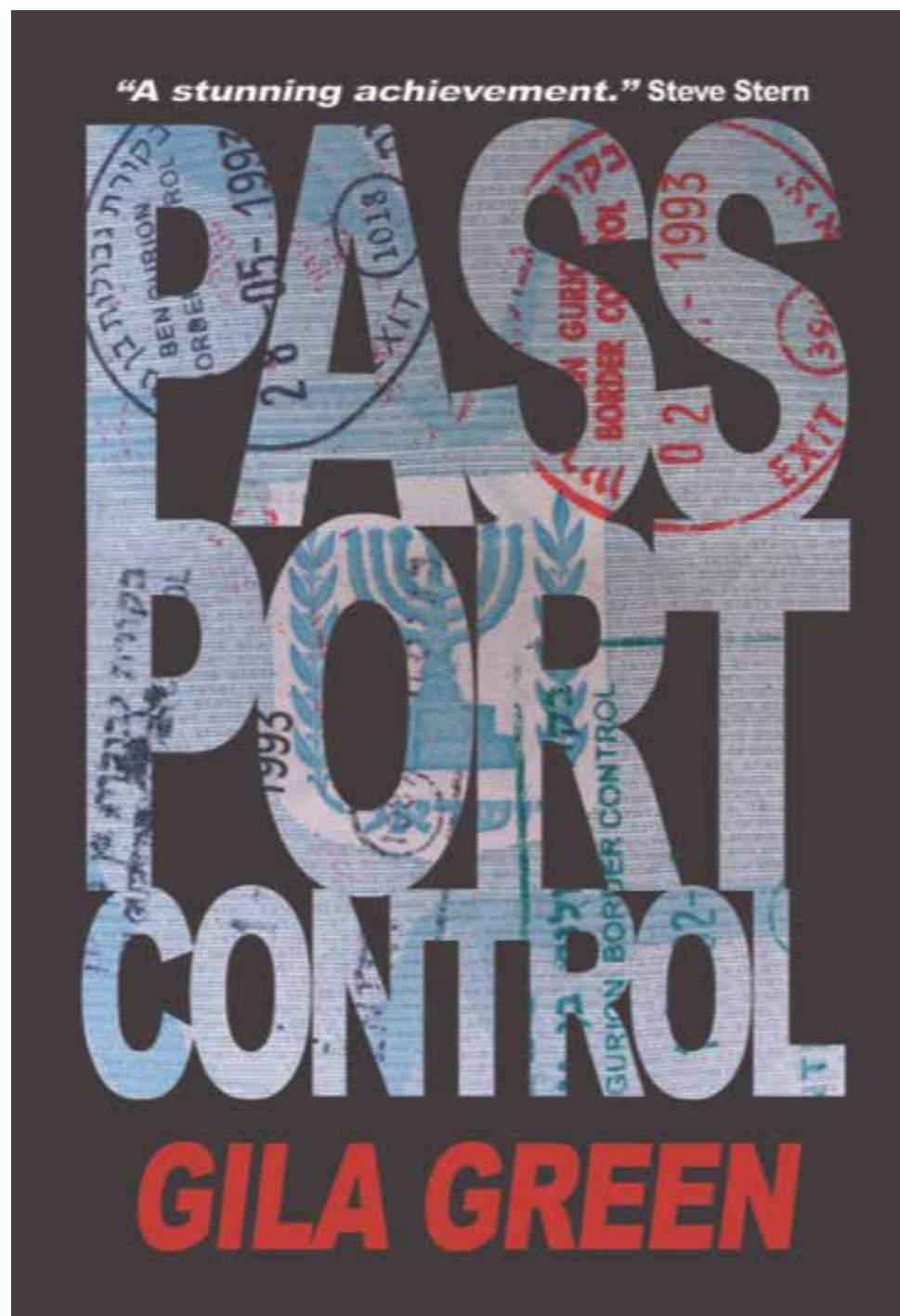
university.

Amidst subplots involving Leah's role in the sabotage of her identity, and a tragic terrorist incident, the expelled Miriam finds herself in the crowded streets of the Old City of Jerusalem with Valerie, her American student friend, as throngs of Christian pilgrims mark Christmas Eve. Trying to make their way to the Kotel, Miriam and Valerie get caught up in a brawl between Palestinians and a group of Orthodox yeshiva students. While Miriam was roughed up in the brawl, Valerie was stabbed to death.

When the initial police check of Miriam's identity again shows her to be Syrian Christian, she briefly becomes a suspect in Valerie's murder.

In a period of a few short months, Miriam lives through difficult and complicated circumstances that eventually reconcile through the ultimately repaired bond of daughter and father and the imagined promise of a future with Guy. It's a complicated story, but Green is a skilled writer who weaves *Passport Control* into an absorbing page-turner.

Gila Green will be at the Soloway Jewish Community Centre on Monday, September 16, 1 pm, for an author talk presented by the Greenberg Families Library. Call 613-798-9818, ext. 245, for more information.



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Book of excerpts from Shirley Steinberg's *Die Folkshpieler* scripts published

BY MAXINE MISKA
SOLOWAY JEWISH COMMUNITY CENTRE

Shirley Steinberg helps keeps Yiddish alive in Ottawa through laughter. Since 2000, Shirley has hosted Yiddish salons at the Soloway Jewish Community Centre (SJCC) for the delectation of Yiddish witticisms and song.

For 12 years, Steinberg wrote and directed Yiddish comic plays performed by *Die Folkshpieler* – the Yiddish Players. Excerpts from these scripts have been gathered into *Men Darf Lakhn: A Collection of Yiddish Skits, Plays and Monologues*. The book will be on sale on Sunday, September 15, 2 pm, at the SJCC's next Yiddish Café, "for a good price – *bilig vi borsht*," said Shirley Berman, who published the book.

Steinberg's involvement with Yiddish began while growing up in a Jewish enclave in Brooklyn. Her father read the family dramatic stories from the Sunday edition of the Yiddish newspaper and her mother took her to see the Second Avenue Yiddish theatre in Manhattan. As a child, Shirley starred in Yiddish plays at Hebrew school and eventually performed on her own weekly radio program, "Shirei Moledet," on WEVD, the



Shirley Steinberg's Yiddish plays have kept audiences laughing at the SJCC for years.

Yiddish radio station in New York.

After receiving a degree in Hebrew studies at the Jewish Theological Seminary, and a master's degree in early childhood education from New York University, Steinberg supervised preschool teachers in New York's Jewish school system. When she could not find

any playful Jewish music for preschoolers, she composed her own, compiled in the three-album "Holiday Music Box," which includes her well-known "Frog Song" about the 10 plagues.

When Steinberg came to Ottawa with her Canadian husband, she directed her creativity and talent to the formation of

the Israella Choir, and an informal Yiddish group called *Gelekhter un Gesang*. Taking up a challenge from a drama teacher at the SJCC, Steinberg formed *Die Folkshpieler*, the Yiddish Players, gathering all the Yiddish speakers willing to act and sing.

"I felt Yiddish needed to be part of the SJCC program. There was a resurgence of Yiddish all over. Yiddish needed to be heard, and young people need to be introduced to the culture," Steinberg said.

"Shirley Steinberg came to Ottawa with a unique background. She taught us Yiddish, Hebrew and Ladino songs. She put Ottawa on the map for Yiddish programming, but nothing was written down. I thought her contribution should be acknowledged," said Berman in explaining why she published *Men Darf Lakhn*.

'Intermittent Yiddish artists' will perform selections from the book at the Yiddish Café, which Steinberg describes as a "convivial, joyful Yiddish gathering replete with wit, skits, comic capers and, of course, a nosh." For information contact Roslyn Wollock, SJCC adult cultural program manager, at 613-798-9818, ext. 254 or rwollock@jccottawa.com.

Ottawa Jewish Historical Society announces two fall events

BY TERI LEVINE
OTTAWA JEWISH HISTORICAL SOCIETY

The Ottawa Jewish Historical Society (OJHS) is delighted to announce the final two presentations in our Shirley Berman Lecture Series for 2019.

Jackie Holzman, who was the first Jewish woman to serve as mayor of Ottawa, will discuss "Beshert: In the Beginning" on Wednesday, September 18, 7:30 pm, at Temple Israel, 1301 Prince of Wales Drive.

Holzman has a fascinating story to tell about her youth in Ottawa and the

amazing things she did that were part of an illustrious career. You will not want to miss it. Plan to join us for a wonderful evening. Refreshments will be served.

The final presentation for the year is "Jews and the Law: Through the Years and the Eyes of Some of the Best." It will be held Thursday, October 24, 7:30 pm, at the Soloway Jewish Community Centre (SJCC).

Presented in conjunction with the SJCC, the presentation will feature a panel of some of our community's important legal minds: Abe Feinstein,

Sol Shinder, Leonard Shore, Lawrence Soloway and Stephen Victor.

The OJHS welcomes one and all to each of these special evenings. Please tell your friends, family and anyone else you think might enjoy what promises to be two inspiring evenings.

While admission is free of charge, donations to the OJHS are appreciated and receipts will be provided for donations over \$20. Donations allow us to continue presenting these types of programs.

For more information, contact the Ottawa Jewish Historical Society at 613-798-9818, ext. 264 or ojhsoc@gmail.com.



Jackie Holzman, the first Jewish woman to serve as mayor of Ottawa, will discuss her career, September 18, at a lecture presented by the Ottawa Jewish Historical Society.

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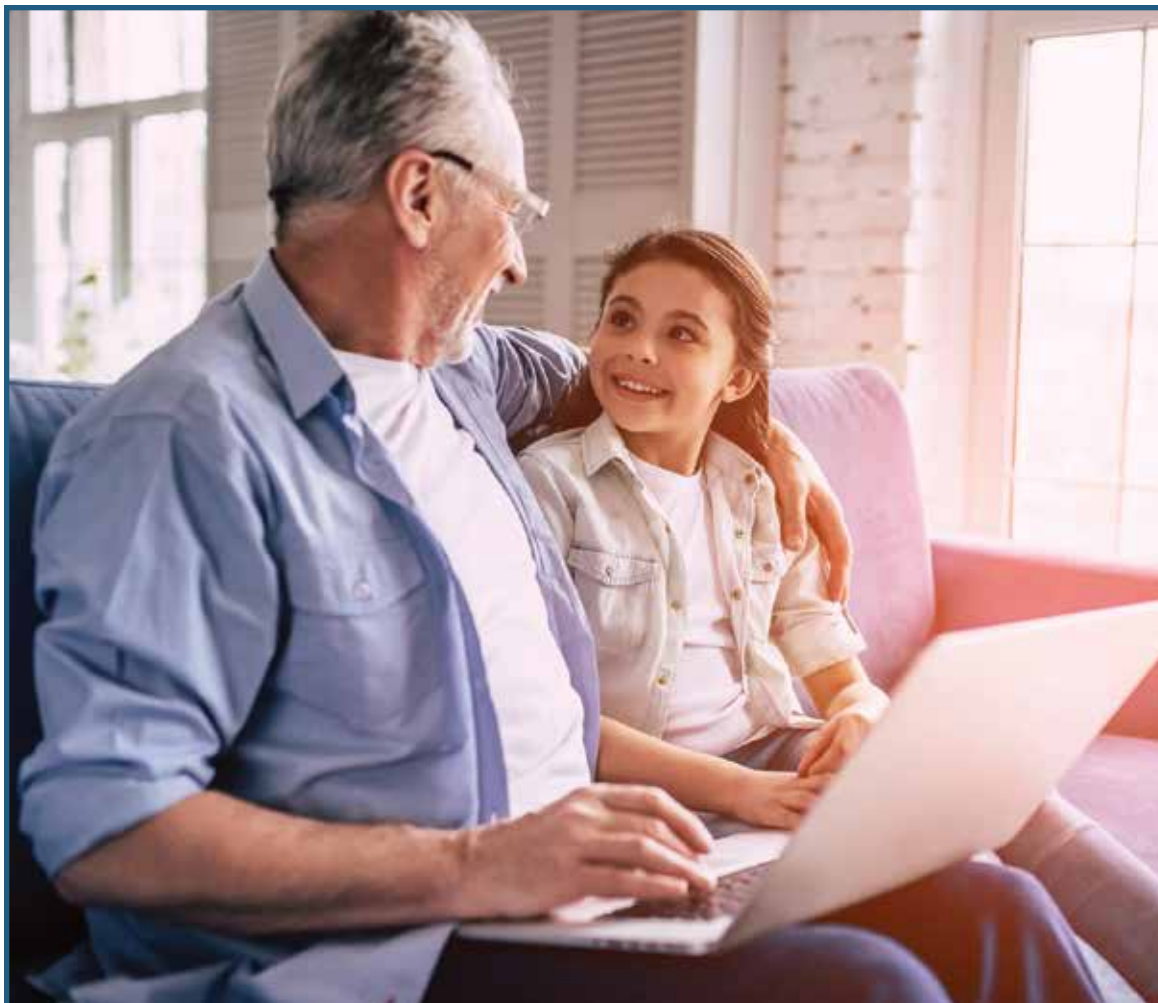
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New directors appointed to lead JET's Glebe Shul

BY DANIELLE ALTONAGA
JET

JET (Jewish Education through Torah) is delighted to welcome Rabbi Kasriel and Pessie Gewirtzman who have taken the reins of the Glebe Shul, the young adult division of JET.

Rabbi Yoey and Smin Shaps, the previous Glebe Shul directors, have relocated to Florida, where Smin's family is from, to teach in Jewish day schools in Boca Raton.

Rabbi Kasriel and Pessie excitedly look forward to creating meaningful experiences for young adults in the Ottawa Jewish community. They are passionate, warm, down-to-earth, and love connecting with new people.

As the new leaders of the Glebe Shul, the couple has all kinds of plans in store. They look forward to building relationships, hosting Shabbat and holiday meals, teaching weekly classes, running challah bakes, holiday parties, and other Glebe Shul programs initiated by founders Rabbi Michael and Stacy Goldstein and continued under the leadership of Rabbi Yoey and Smin Shaps.

Pessie grew up in Brooklyn, New York.

She graduated from the University of Cincinnati with a master's degree in speech and language pathology. She specializes in working with young children, something she has always had a passion for.

Rabbi Kasriel was also born and raised in Brooklyn and is currently working toward his master's degree in counselling from Bellevue University. On completion of five years of study in Israel, he received his rabbinic ordination from Rabbi Yitzchak Berkovitz of the Jerusalem Kollel. While in Israel, Rabbi Kasriel was a volunteer EMT for Magen David Adom.

They are both avid hikers. While living in Israel, they eagerly explored the country on foot. They share a love of travel in general, especially where learning about world history is involved. Rabbi Kasriel can also be found playing and watching sports. (Yes, he likes hockey!)

Rabbi Kasriel and Pessie are the proud parents of three-year-old Chaim and two-year-old Shimon.

Visit www.glebeschul.com for more information about the Glebe Shul and our programs for young adults and visit www.jetottawa.com for information on other JET programs.



Pessie Gewirtzman (holding Shimon) and Rabbi Kasriel Gewirtzman (holding Chaim) have moved to Ottawa to become directors of the Glebe Shul.

AJA 50+ swings into fall with diverse programming

BY HANNAH BERNSTEIN
FOR AJA 50+

Whether you're in your 50s, 60s, or anywhere in between, Active Jewish Adults (AJA) 50+, now in our 18th year, delivers a range of programs to suit tastes and interests that are as diverse as its members.

With a dedicated program committee

working to present more than 100 programs per year, the upcoming fall lineup promises to challenge, stimulate and delight our close to 400 members.

Informative lectures and talks are a mainstay at AJA 50+. For the science-minded, an intriguing talk on "Distant Worlds of the Solar System" will explore the search for the elusive Planet X. Local history buffs will be keen to

hear "Alex's Story," when Ottawa's Alex Polowin will describe his personal experience during the Second World War on a ship that played a critical role on D-Day.

Frequent travellers won't want to miss hearing all about the timely subjects of air passenger rights and accessible transportation. "Medical Assistance in Dying," presented by Dying with Dignity Canada, will provide context and background on the law, process, and current issues on this highly complex and controversial subject.

Keeping the mind sharp is important to all seniors. Offered for the first time are two programs that will do just that: "Fun Math and Logic Puzzles," and "Advanced Bridge Lessons."

Offered in conjunction with the Soloway Jewish Community Centre are two multi-session programs: connect with your inner artist at "Watercolour for Beginners," and learn how the "Cultural Migration of the Jewish, Irish, Italian, Chinese and Lebanese Communities" has contributed to Ottawa's vibrant and cosmopolitan environment.

For games enthusiasts, there's weekly chess, mah jongg, bridge, ping pong and Scrabble. This fall, golfers are invited to continue taking to the links for weekly tee-offs.

If exploring and tours are your thing, consider a tour of the Canadian Museum of History and its special exhibit on

"Neanderthal Man," a visit to the RCMP Stables, and guided viewings of current exhibits at the National Gallery of Canada.

Crafters will be able to hone their skills through card-making. In a nod to the arts, AJA 50+ members can enjoy a contemporary jazz concert and, in conjunction with community partner MASC (Multicultural Arts for Schools and Communities), attend "An Afternoon at the Opera," hear a "Junkyard Symphony," and learn about the many and varied "Instruments of the World."

A key component of AJA 50+'s commitment to the community is evidenced through our exciting weekly, all-day Jewish social and recreational program, Creative Connections, which caters to our older seniors by offering a variety of workshops, informative lectures, gentle exercise classes and an engaging music program.

After 18 years of continuous operation, AJA 50+ is getting ready to party! A chai celebration is in the works for October.

New members are invited to join in person at Temple Israel on Monday, August 26, between 9:30 am and noon, and all are welcome to register for exciting fall programs. Or visit www.aja50plus.ca where the fall program guide will be posted during the week of August 19, with online registration commencing on August 27. AJA 50+ looks forward to seeing you this autumn.

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Pashtida with zucchini, corn and tomatoes

A colourful celebration of summer produce

BY EMANUELLE LEE

This recipe originally appeared on The Nosh. Pashtida (a crustless quiche) is beloved and common in Israel, where it is enjoyed at pot-lucks, school events, shivas, and everything in between. It's also commonly prepared for Shavuot and Sukkot. The versatile dish transports well, and there is no right or wrong way to make one.

Israelis make pashtida all year long, but it's a dish especially perfect for warmer climates and seasons, when it's just too hot to spend hours in an overheated kitchen. Plus, during warmer months, there are so many incredible seasonal ingredients available to include in the pashtida, making it extra delicious.

You should feel free to use this recipe as a base and add the vegetables and cheese that speak most to your tastes. Alongside a fresh salad at brunch or a pasta at dinner, this pashtida with zucchini, grilled corn, tomatoes and basil completes a perfect meal.

Serves 4-6.

- 2 tablespoons plus 1 teaspoon olive oil
- 6 scallions, roughly chopped
- 2 zucchinis, cut into 1/4 cm-thick half-rounds
- 2 ears of corn, kernels removed from cob
- 2 1/2 cups cherry or grape tomatoes, half of them cut in half
- 4 eggs
- 3 tablespoons plain flour
- 1/3 cup ricotta
- 3 1/2 ounces fresh mozzarella
- 2 ounces cheddar cheese, grated
- 1 tablespoon butter
- 1 large handful of fresh basil
- Sea salt and black pepper

1. Preheat the oven to 350 F.
2. Stand the ears of corn up on a plate and carefully remove the kernels, cutting downward with a sharp knife.
3. Heat a medium-large pan on high heat and add the corn kernels to the dry pan. Stir occasionally, allowing them to become more bright yellow in colour and a little bit charred. Transfer the corn to another plate, season with a pinch of sea salt and allow half the butter to melt over it.
4. Let the pan cool for a few minutes and then place it back onto medium heat. Add 1 tablespoon olive oil and then the zucchini slices. Stir occasionally until they become slightly softened and begin to brown. Transfer to the plate with the corn and add the remaining butter and a pinch of sea salt.
5. Wipe the pan with a paper towel. On medium heat, heat 1 teaspoon olive oil and add the scallions. They should sizzle and become charred within a few minutes. Stir them occasionally, then remove them from the pan.
6. Add the last tablespoon of olive oil to the pan and add the tomatoes. Let them blister and soften slightly. Season with a pinch of salt and remove them from the heat.
7. Allow all the cooked vegetables to cool down.
8. In a mixing bowl, beat the eggs until slightly frothy. Slowly add the flour and mix continuously. Then add the ricotta and mix well. Season with a pinch of salt and black pepper.



The versatile pashtida transports well, and there is no right or wrong way to make one.

9. Add the vegetables into the egg mixture, reserving a little bit of each vegetable for the top. Mix well. Shred half of the mozzarella into small pieces and add to the mixture.
10. Lightly grease an 8-inch round cake tin or pie dish with butter or olive oil. Sprinkle half the grated cheddar around the bottom and sides of the tin or

11. Bake the pashtida for 30-35 minutes, or until it's fluffy and cooked through.



Rideau Bakery bread – Farm Boy began selling the Rideau Bakery line of kosher breads at its stores throughout Ontario on August 7. The bread is being baked under the supervision of the Ottawa Vaad HaKashrut. Farm Boy purchased the Rideau Bakery recipes and equipment from the Kardish family after the closure of the two Rideau Bakery locations in late June.

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

On behalf of the residents and their families, we extend sincere appreciation to the following individuals and families who made card donations to the Hillel Lodge Long-Term Care Foundation **between July 2-30, 2019 inclusive.**

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

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

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Annette Albert Mazel Tov on your special

birthday by Marcia and Steve Aronson
Ruth Poplove Mazel Tov on your special birthday by Marcia and Steve Aronson

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Stella Beck Happy 96th Birthday by your children, grandchildren and great-grandchildren

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In Memory of:
Elliott Levitan by Mark and Nina Dover

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Franklin and Elaine Goldstein Mazel Tov on the birth of your newest grandson and on the Bar Mitzvah of Natai by Julia Gluck and Ted Overton and Jess and Ayelet Overton
Jeremy Overton Mazel Tov on your new position by Julia Gluck and Ted Overton and Jess and Ayelet Overton
Henry and Maureen Molot In appreciation for having us for Shabbat dinner by Sharon and Peter Pinsler and Emmanuelle and Jonathan

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Continued on page x7

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Continued from page 26

ie and Grant and Natai, Lois and Jeffrey Eisen, Halley and Isaac and family, Allan and Natalie and family, Barb and Lenny Farber, Michael Klugmann and Firmland, Jim and Eleanor Dowling, Patrick and Sarah and family, Darlene and Derrick and family, Rosalyn Reider and family, Canadian Capital Mortgage Corporation, Auntray and Debbie Mendelker, Sheldon, Robert and Vincent, Betsy, Samantha and Lindsay Borden, Stuart and Laura Rothman, Rosie and Paul Parnass and Peter and Vicki Goldman

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Ruth Fleisher by Rachel, Howard, Davida and Josh Schachter

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In Honour of:
Monica Stein Wishing you a very Happy Birthday by your friends at the Hillel Lodge LTC Foundation

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In Memory of:
Elliott Levitan by Arnie Swedler and Rhoda Zaitlin
Ruth Fleisher by Arnie Swedler and Rhoda Zaitlin

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R'Fuah Shlema:
Zelaine Shinder by Roz Taller
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Sue Rothman by Risa, Brent and Shira Taylor

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Mark Molot by Carole Zagerman
Ruth Fleisher by Carole Zagerman
Elliott Levitan by Carole Zagerman and Andrea and Laurie Arron
In Honour of:
Chuck Polowin Mazel Tov on your very special 90th Birthday by Carole Zagerman and Andrea and Laurie Arron
R'Fuah Shlema:
Tracey Kronick by Carole Zagerman

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In Memory of:
Elliott Levitan by Joy and Seymour Mender and family

In Honour of:

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Linda and Alex Wakter Mazel Tov on Tara's engagement to Kobi by Joy and Seymour Mender
David and Cheryl Dubrofsky Wishing you many happy years In your new surroundings by Susan and Charlie Schwartzman
R'Fuah Shlema:
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Bryna Cohen Wishing you a Happy Birthday by Naomi Lipsky Cracower, Elissa Iny and Sue Cohen
Allan and Liz Schwartz Mazel Tov on your 50th Anniversary by Sandy and Marvin Granatstein
Harriette Borins Mazel Tov and best wishes on your very special Birthday by Ingrid Levitz and family

Ritual Program

In Honour of:
Issie Scarowsky In appreciation for taking pictures at KBI's "Echoes of the Soul" concert by Cantor Jason Green and the Kehillat Beth Israel Congregation
Rabbi Levy and Dina Teitelbaum Mazel Tov on the wedding of Mushka and Adam by Lindsay and Darren Morenstein

Therapeutic Program

In Honour of:
Rhoda Aronson Wishing you a Happy Birthday by Judy and Jerry Goldsteins

In Memory of:

Elliott Levitan by Morton and Sylvia Pleet, Jeff and Felice Pleet, Marty Saslove, Sandy and Marvin Granatstein
Trudy Wiseman by Ingrid Levitz and family
Natalie Seward by Morris Shapiro and Bernice Seward
Morris Agulnik by Mark and Ann Dover
Ruth Fleisher by Janet and Norman Ironstone and Beverly Friedman and family
In Honour of:
Enid and Jeff Gould Best wishes on your 50th Anniversary by Evelyn Lief
Rhoda Aronson Wishing you a happy and healthy Birthday by Molly Hirsch and Eric Elkin
Bryna Cohen Wishing you a very happy Birthday by Joan and Howard Spunt
Harris Pleet In appreciation by Rena Cohen
Chuck Polowin Happy 90th Birthday by Donna and Eric Levin

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Chairs: Adam Schacter
and Seymour Mender



Pink Lionesses Israel dragon boat team helps women recover from cancer

Dragon boating in Israel is a legacy of the efforts of a small group of women from Ottawa's Jewish community. **Matthew Horwood** reports.

Pink Lionesses Israel (PLI), an Israeli dragon boating team for women recovering from various cancers, is saving lives according to its coach and founder Reuven (Ruvik) Ram.

Ram visited Ottawa, July 16 to 19, to promote awareness and gain support for PLI.

The concept of dragon boating in Israel can be traced back to 2009 when Debbie Halton-Weiss and several other Lion of Judah members formed the Sea Lions to compete in the Ottawa Dragon Boat Festival.

The team's success in the festival emboldened them to think about organizing a dragon boat festival in Israel. Halton-Weiss said her team had this idea because she did some research and discovered "there were dragon boat festivals in 71 countries, but not in Israel."

In 2011, after Halton-Weiss – who served as chair of the Jewish Federation of Ottawa from 2011 to 2013 – and seven other Jewish women volunteers from Ottawa raised the necessary funds to purchase six dragon boats from China, they travelled to Israel to introduce dragon boating to the country. It was then that Ram stepped foot in a dragon boat for the first time.

In 2012, Israel held its first ever dragon boat festival on Lake Kinneret, raising more than \$50,000 for various charities. Dragon Boat Israel was a joint Canada-Israel initiative, spearheaded by the Jewish Federations of Canada-UIA and Ottawa's Jewish community.

The teams participating in the festival included "breast cancer survivors, disadvantaged kids, Muslims and Druze – people who would have never gotten in a boat together," said Halton-Weiss.

Halton-Weiss' plan was to host Dragon Boat Israel for three years and then "transfer ownership and direction over to the Israelis," and work with them in a more limited capacity.

The final Dragon Boat Israel festival was held in 2015, but its legacy continues on through Ram and PLI.

Ram, who taught high school physical education for over 35 years and was a basketball and sailing coach, said his experience in those roles made it "very easy" to transition over to coaching dragon boating.

In 2011, Ram founded a dragon



Members of Pink Lionesses Israel, a dragon boating team for women recovering from cancer, gather on the shore of Lake Kinneret where they practice.



During a trip to Ottawa, Pink Lionesses Israel founder and coach Reuven (Ruvik) Ram holds a photo of the team practicing on Lake Kinneret.

boating team, Degania Bet, which he coached for four years. In 2015, he joined the Haifa Lions as their coach.

After travelling with the Haifa Lions to Taiwan and Hong Kong for dragon boating festivals and meeting with breast cancer survivors from other countries, Ram said he was inspired to found Pink Lionesses Israel in 2018.

PLI is a group of women at different stages of recovery, coping with various cancers. Ram said the team was initially only for women with breast cancer, but after a few months they "decided to expand it to women with all forms of cancer."

Ram created PLI with the help of Orit Ziv, an Israeli breast cancer survivor who lost her sister Tali to the disease. Ziv is a manager of PLI and assists with volunteer organizing.

While there are numerous groups in Israel assisting women with their recovery from various cancers, Ram said PLI is the first group to do so with physical activity.

While it is common for breast cancer patients to develop lymphedema, a condition which results in swelling in the limbs which can be caused by breast cancer sur-

gery or radiation therapy, Ram said none of the women on his dragon boating team have developed the condition.

"I say I am just a coach, but some ladies have told me that I saved their lives," Ram said. "This group is what is saving lives, not only because of the exercising, but because of the socializing aspect."

According to Halton-Weiss, PLI has physicians involved "both on and off the team" who have been impressed with how dragon boating is "facilitating the physical and mental recovery of these women, some of whom never get out of the house except to go to practice."

Ram said the other unique aspect of his dragon boating team is the diversity of its members.

"You can find Arab Muslims and Arab Christians, Ethiopians, Jews from the east and west, Russians and Druze," he said.

"They are all in the same boat, not talking politics. This can change the world," Ram said.

PLI members, he explained, come from all over Israel, some commuting from as far as Beer Sheva, a two-hour drive.

Halton-Weiss said the PLI currently

has 125 women on the team, and there are more than 60 others "waiting for permission from their doctors to join in these activities."

While the Pink Lionesses are "thriving," funding for PLI remains an issue, according to Halton-Weiss, as they are volunteer-run and don't yet have charitable status.

While PLI is recognized by the Jordan Valley Regional Sports Council and receives about 25,000 shekels in funding, Halton-Weiss said this money is "not nearly enough for what they need, but it is a real start."

It costs around \$400 to equip a single woman with the equipment necessary to practice, such as "UV clothing, specialized lifejackets and carbon paddles," Ram explained, a difficult financial challenge for many PLI members who "cannot work and are paying for expensive cancer treatments."

PLI, Halton-Weiss explained, recently secured a manufacturing sponsor in Israel that has created a new design for lifejackets specifically for breast cancer survivors. They plan to patent the lifejackets and offer them to PLI members at a discounted price. The sponsor has also supplied the team with discounted paddles, covers for the paddles and for the dragon boats, and has plans to give all the boats a fresh coat of paint.

Ram said organizing and coaching PLI is "the most meaningful thing I have ever done in my life."

Halton-Weiss said she is "thrilled that Dragon Boat Israel's legacy continues to live on" and that her festival introduced so many Israeli women to the sport.

"We had our original vision of the dragon boat festival, but it's gone and morphed into areas we could have never imagined," Halton-Weiss said. "They have taken our values of inclusivity and accessibility to develop their own very successful program."

Find more information at www.facebook.com/pinklionessesisrael/.

The double-edged sword of independence

It started small, as most things do, when my daughter insisted on brushing her teeth by herself. Only three months shy of her fourth birthday, she began flexing her “big girl” muscles more and more, which forced my husband and I to start setting limits around her newfound independence.

We have been adjusting those limits by necessity; having a busy and very mobile one-year-old means we can't always be there for the big sister. So she now goes to the bathroom, picks her clothes, gets dressed, brushes her teeth, and washes her hands, all by herself.

She has also been given more leeway at her daycare to work on those “big girl” abilities and comes home to test the limits. This is where the friction kicks in.

“I can do whatever I want.”

“You have to listen to my words.”

“You can't tell me what to do.”

“Oh, yes I can. I'm the mommy and I get to make the rules. When you're a mommy you can make the rules.”

As I quickly found out, telling her how things work just doesn't... work.

So what is a parent to do?

I really struggled with this at first and still do. I'm a stubborn person and I have (perhaps I deserve) two equally-stubborn daughters. How can I look myself in the mirror as a mother when my four-year-old can out-smart me in an argument?

Learning to pick my battles has been humbling.

The other night she tried to get me to put back a



SHIRLEE PRESS
**MODERN
MISHPOCHA**

As I quickly found out, telling her how things work just doesn't... work.

stool she used to reach the light switch by herself. I dug in – trying to teach her to put away things she takes out – but it quickly spiralled out of control. The next thing I knew, I was holding the door shut while she screamed and smashed the stool against the door on the other side. #parentingfail

What my husband and I have found most helpful is reframing the situation. We tell her to use her “nice words” to see how we respond. We give her choices for meals, which means we have to respect her decision even if we don't like it (unless she asks for chocolate).

We are really trying to explain why we need to do something she may not like and offer her an activity she will like later on. And we find new ways to make her feel in charge or give her small responsibilities, such as keeping an eye on her younger sister while

they play, even if we are watching over her shoulder.

And let's face it: old-fashioned bribery works perfectly in a pinch. After all, we can't be perfect.

It comes down to giving her a feeling of being in control as much as possible. That doesn't mean an end to tantrums, but limits the impossible-to-win situations we find ourselves in.

But all this independence is a double-edged sword.

Our girls are young and clingy, and that means I often find myself feeling guilty about craving some space. The guilt comes from knowing this time is so short, and as their independence grows, their need for their parents will begin to diminish.

“Just wait until they're teenagers,” our parents often remind us.

Yes, I try not to think about that.

After the stool incident, my husband told me a story his mother likes to tell in these situations. When he was about four years old, he wanted to walk into daycare by himself. She followed, remaining a few steps back to give him the space and independence he sought.

“So, what's your point?” I asked, feeling deflated.

“I kept looking over my shoulder,” he replied, “to make sure my mom was still there.”

It was a good reminder that our children will be constantly looking over their shoulders, even when they get old enough to roll their eyes and say, “Mom, can you give me some space?”

Hopefully they will at least say please.

Physical and mental fitness you can practice from the comfort of your deck chair

Summer is in full swing. While some people take advantage of the weather and do more outdoor sports and physical activities, others like nothing more than lazing on a deck chair by the pool, on the shore, in their backyard or on their balcony. A vigorous workout entails moving in ways that increase your heart rate and get you sweating. However, there are times when you may not be in the mood or feel motivated to get off your butt. If you only want to get up from your deck chair to top up your cold beverage, I can suggest a number of low-to-no intensity practices you can engage in to improve your well-being. You don't even need special equipment, workout clothes or running shoes. So no excuses!

If you're sitting or laying around for an extended period of time, your lower back can benefit from the Sphinx stretch. It's safest to stretch with warmed-up muscles, which you probably have if you're outdoors in the summer heat. Lie face down on your deck chair, lift your upper body supported by your elbows and gaze slightly upwards. You should feel comfortable in this position. You can hold that pose for a few seconds or a few minutes.

There are many other gentle stretches you can do from the comfort of your deck chair. Lying on your back, raise one leg and hold it with your hands. Without forcing it, see how high you can raise your leg while keeping it straight. The more flexible your hamstrings, the higher you'll be able to hold your leg. Next, bend your knee and cross the ankle over your other thigh. Press both legs towards your body and you'll get



GLORIA SCHWARTZ
**FOCUS ON
FITNESS**

a nice hip stretch. Repeat both stretches on the other leg.

If you've delivered a baby vaginally, have prostate issues or are past middle age, you may experience occasional bladder leaks due to weak pelvic floor muscles. The Kegel exercise, which you can do anywhere without anyone noticing, can strengthen these muscles. It's best to do Kegels on an empty bladder. Squeeze the same muscles you'd squeeze if you were urinating and wanted to stop the flow mid-stream. Squeeze and hold for a few seconds then relax and repeat several more times.

You can also strengthen your upper body without equipment while reclining on your deck chair. For example, you can work your abdominal muscles and if you have a couple of water bottles you can work your biceps, triceps, pecs and shoulders. Visit <https://tinyurl.com/yxpqdpdj> to watch my demo, “Gloria demonstrates Deck Chair Exercises.”

Visualization or mental imagery is a sports psychology technique that professional athletes sometimes employ. You don't have to be an athlete to use this

technique. Close your eyes, relax and form a picture in your mind of yourself doing something physically active. The power of visualization is that it helps you to mentally rehearse a behaviour. You can increase self-confidence with this technique.

Deep, diaphragmatic breathing can improve blood flow and decrease blood pressure and anxiety. You can breathe deeply while reclining or sitting up. With one hand on your chest and one on your stomach, inhale through your nose for five seconds, allow the oxygen to fill your belly (your chest should not rise) and exhale through your mouth with pursed lips for five seconds. Repeat for one to five minutes.

While you're feeling very relaxed, take a few moments of gratitude. Try closing your eyes and thinking of things you're grateful for today. We all endure hardships in life; but it's important to reflect on the little things that make life worthwhile, which give us joy and that make life meaningful. This mental exercise is a good reminder that even in dark times, there are beautiful moments. As I write this article while reclining on a chair on my dock, I hear birds screeching somewhere in the woods and I see ripples gently making their way across the lake. I feel grateful for this gift of being able to write and relax while surrounded by nature.

Another thing you can do from your deck chair is start a plan. Summer will be over before you know it. What will you do when the lazy days of summer are over? Think of what you'd like to work on for your health and fitness come autumn. Make a mental note and don't forget to follow up.

Anglican Church of Canada to remove prayer for conversion of Jews

BY SAM SOKOL

(JTA) – The Anglican Church of Canada is close to removing a prayer for the conversion of the Jews from its official liturgy.

The church's General Synod overwhelmingly approved its deletion during a recent meeting in Vancouver, the Canadian Jewish News (CJN) reported.

The Centre for Israel and Jewish Affairs' Canadian Rabbinic Caucus called the move "a milestone in Anglican-Jewish relations."

According to the CJN, the prayer will be replaced with one calling for "reconciliation with the Jews." If ratified at the 2022 General Synod, the motion will go into effect and the church will no longer officially call for Jews to abandon their faith.

In a statement, the Anglican bishop of Quebec said the change would help the church "acknowl-



A view of St. Matthew's Anglican Church at 217 First Avenue in Ottawa.

edge and repent" its "participation in antisemitism" and help it to "stop singling out Jews as a target for our evangelistic efforts, and to assume a humble and reconciliatory stance with our Jewish elders in the faith."



There were 1,447 newborn Davids in Israel in 2018 and 1,289 Tamars.

David and Tamar top lists of most popular Jewish baby names in Israel

BY MARCY OSTER

JERUSALEM (JTA) – David is the most popular name for a Jewish baby boy in Israel and Tamar for a Jewish baby girl.

The name Muhammad is still the most common name given to newborns in Israel, mainly among Muslim boys, though it continues to decline in popularity, according to a report released on July 30 by the Central Bureau of Statistics. For Muslim girls, the most common name was Miriam with 523 in 2018.

There were 1,447 newborn Davids in Israel in 2018 and 1,289 Tamars.

The boys' name David was followed

closely by the name Ariel for boys at 1,323.

The girls' name Tamar was the most popular name for newborn Jewish girls for the third year in a row. Tamar was followed by Maya. The name Noa dropped to fourth place.

Rising in popularity from 2000 to 2018 were the names Ayala, Abigail, Arbel, Ophir, Carmel, Shai-Lee, Aviv, Omer, Gefen, Levi, Hallel, Halali, Mayall, Ariel, Anhal, Emmanuel and Tohar, according to the report. Also on the rise are Aria, Miley, Mila, Emily, Romi, Liv, Lenny, Alma, Emma, Eve, Gaia and Ann.

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WHAT'S GOING ON | August 19 to September 1, 2019

FOR MORE CALENDAR LISTINGS, OR TO SUBMIT EVENT LISTINGS, VISIT WWW.JEWISHOTTAWA.COM/COMMUNITY-CALENDAR

MONDAY, AUGUST 19

Film Night – “The Fruit Machine” with a discussion

7 - 9 pm, Temple Israel, 1301 Prince of Wales Dr.

Contact: Dar Blue, blued@me.com

Film screening of “The Fruit Machine” and discussion led by Michelle Douglas, who successfully sued the Canadian Armed Forces in a 1992 case that ended Canada’s formalized ban on LGBTQ people in the military.

WEDNESDAY, AUGUST 21

All Gender Rainbow Challah Bake

6:30 - 8:30 pm, Kehillat Beth Israel Congregation, 1400 Coldrey Ave.

Contact: Deborah Zuker

rabbizuker@kehillatbethisrael.com

Cost: \$ 10. All are welcome! KBI invites you, your friends and family, LGBTQ, Jewish and non-Jewish, folks of all abilities, adults and teens looking to connect, share traditions, and celebrate Pride Week together! Our lead baker will be Jenny Roberge.

FRIDAY, AUGUST 23

Rainbow Pride Teddy Bear Shabbat featuring Drag Queen Story Hour

5:30 - 7 pm, Kehillat Beth Israel Congregation, 1400 Coldrey Ave.

Contact: Deborah Zuker

rabbizuker@kehillatbethisrael.com

Tots 6 and under and their adults are invited to this very special Teddy Bear Shabbat to celebrate Pride! Our special guest and story teller will be Drag Queen Adrianna Exposé. Don’t miss this wonderful opportunity to celebrate love in all families and being the real you! This program is free and open to the community, all are welcome!

Capital Pride Shabbat

7:30 - 9:30 pm, Kehillat Beth Israel, 1400 Coldrey Ave.

Cost: \$10 - \$18 at www.eventbrite.ca

Contact: Jessica Burke, jburke@cija.ca, 416-728-6376

Please join us as we celebrate Pride in our diversity! This is a fully catered event including wine and dessert.

Tickets must be purchased in advance only. Hosted by The Centre for Israel and Jewish Affairs, the Jewish

Federation of Ottawa and the Canadian Jewish Political Affairs Committee. Co-hosts: Kehillat Beth Israel, Temple Israel, Or Haneshamah

SUNDAY, AUGUST 25

Capital Pride Parade Tailgate Party

11:30 am - 2 pm, Pride Parade, Gladstone at Bank

Contact: Dar Blue, blued@me.com

Join us before the parade begins for cold drinks, snacks, schmoozing and fun! Look for our posters with more details on where to meet. Rainbow wear highly encouraged! All LGBTQ people and allies welcome!

Sponsor: Temple Israel

Ethiopian Dinner and Showcase

6 - 8 pm, Congregation Beit Tikvah of Ottawa, 15 Chartwell Ave.

Contact: Ben Shillow, ben@cbto.org

Representatives of the Ethiopian Jewish communities from Ottawa, Montreal and Toronto will be preparing a traditional and authentic kosher dinner. There will be freshly brewed Ethiopian beer, a variety of home-cooked Ethiopian dishes, a singer and more awaiting our guests, all served and presented by members of our own Ottawa Ethiopian community! Come celebrate a joyous evening of culture, cuisine, unity and diversity! \$40 non-member, \$36 members, \$15 children ages 3-12

Register at cbto.org/dinner – RSVP by Tuesday, August 20

COMING SOON

SUNDAY, SEPTEMBER 8

Kosher BBQ Cook-Off and Festival

3 - 7 pm, Ottawa Torah Centre Chabad, 111 Lamplighters Dr.

Contact: Rabbi Blum, rabbi@theotc.org

BBQ competition, food galore, family entertainment.

TUESDAY, SEPTEMBER 10

Annual Campaign Kickoff 2020

7 - 9 pm, Algonquin Commons Theatre, 1385 Woodroffe Ave., Building E

Contact: Tanya Poirier, tpoirier@jewishottawa.com

613-798-4696, ext. 241

The Jewish Federation of Ottawa’s 2020 campaign

kickoff event will feature Elon Gold, internationally known comedian and actor.

SUNDAY, SEPTEMBER 15

Yiddish Café

2 - 4 pm.

Contact: Roslyn Wollock, rwollock@jccottawa.com

Cost: \$10. A convivial, joyful Yiddish gathering replete with wit, skits, comic capers and, of course, a nosh.

MONDAY, SEPTEMBER 16

Author Talk with Gila Green

1 - 3 pm

Contact: Jack Schecter, library@jccottawa.com

Gila Green is an Israel-based Canadian author from Ottawa, who works as a freelance writer, editor and author of *Passport Control*, *White Zion*, *No Entry* and *King of the Class*.

THURSDAY, SEPTEMBER 19

Nefesh Mountain Concert and Welcome Fair

5 - 10 pm, Kehillat Beth Israel Congregation, 1400 Coldrey Ave.

Contact: Deborah Zuker

rabbizuker@kehillatbethisrael.com

Kehillat Beth Israel welcomes renowned Jewish bluegrass group Nefesh Mountain for an evening of music and community! Plan to join us for a family concert in the early evening, a welcome fair for all to learn more about KBI’s unique and thriving congregation, and an evening all-ages concert.

CANDLE LIGHTING BEFORE

AUGUST 23	7:39 PM
AUGUST 30	7:27 PM
SEPTEMBER 6	7:14 PM
SEPTEMBER 13	7:00 PM
SEPTEMBER 20	6:47 PM

BULLETIN DEADLINES

WEDNESDAY, AUGUST 28	FOR SEPTEMBER 23
WEDNESDAY, SEPTEMBER 18	FOR OCTOBER 7
WEDNESDAY, OCTOBER 2	FOR OCTOBER 28
WEDNESDAY, OCTOBER 23	FOR NOVEMBER 11

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

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Nancy Schwalb

Ruth Fleisher

Arthur Solomon

Elliott Levitan

Trudy Wiseman

Susan Rothman

May their memory be a blessing always.

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

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