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Bill Izso works tirelessly on behalf of Maccabi Canada and Maccabiah Games

By Louise Rachlis

In 2009, nine Ottawa athletes participated in the Maccabiah Games, the world's largest gathering of Jewish athletes from around the world held every four years in Israel.

This year, the Ottawa contingent will more than double with a record 22 athletes competing in soccer, baseball, basketball, golf, ice hockey, swimming, rugby and volleyball among the 8,000-plus athletes from more than 60 countries competing for medals in more than 30 different sports.

"The whole point of the Games is to *ladbeek le Eretz Yisrael*, which is Hebrew for connecting, sticking, gluing to Israel," said Bill Izso, a long-time Maccabiah volunteer. "That is what we are all about."

Izso has been an enthusiastic supporter fan of the Games since 1985, when he competed in the 13th "bar mitzvah" Maccabiah Games winning a bronze medal in track and field.

"Bill has had multiple roles in the Games," said Tommy Bacher,

national president of Maccabi Canada, who played softball at the Games back when Bill was doing the half-marathon, "but Bill's real strength is his heart."

"On a global level, he rallies the troops, gets the kids out there, and gets the parents going," said Bacher. "His real uniqueness is being the conscience of our organization. Bill is the guy who makes sure we do things right. If somebody needs to be looked at in a more sympathetic way, he will tell us. He's always looking out for the other person. ... He has a knack of getting people motivated and keeping the movement alive."

"He spends so much time on this, at least two hours every night except the high holidays," said his wife, Ellen. "I know there is invisible ink somewhere in our ketubah that says 'Maccabi Canada.'"

His father passed away in 1976, when Izso was 17. It was the year of the Montreal Olympics, and he discovered running right after that. His inspiration was the Wolf Pack, the

(Continued on page 2)



Canada's chef de mission Jean Béliveau (left) and assistant track coach Bill Izso at the 1997 Maccabiah Games.

New potential buyer found for Beth Shalom building

By Michael Regenstreif

Congregation Beth Shalom has entered into a new agreement to sell its building at 151-153 Chapel Street in downtown Ottawa to Trinity Properties Investments Inc. The potential sale comes about two months after it was revealed that Claridge Homes had walked away from its offer to buy the prop-

erty, which was announced with great fanfare in November 2011.

The terms of the sale to Trinity are expected to be similar to the original Claridge deal, which had been announced as a base price of about \$15 million with possibly up to an additional \$9 million to be paid depending on possible zoning changes to the property.

"Trinity is currently in a 90-day conditional period to conduct its due diligence," wrote Beth Shalom President Ian Sherman in a letter to congregation members, which he also made available to the *Ottawa Jewish Bulletin*. "When Trinity waives conditions, Congregation Beth Shalom will then have a period of 30 days to approve this

new agreement of purchase and sale."

Sherman said a special general meeting of Beth Shalom members will then be held sometime between May 9 and 25 for members to approve the purchase.

If the sale is approved, the closing date will be December 31, 2013, after which the

(Continued on page 2)

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Ottawa sending record contingent to Maccabiah Games

(Continued from page 1)

running club at the Montreal YM-YWHA.

He tried out unsuccessfully for the 1977 and 1981 Maccabiah Games. But, “with more training, more dedication and maturity,” he finally made the Canadian team for the 1985 Games.

“Walking into the opening ceremonies representing Canada, with Mark Spitz running around the track lighting the torch, and 50,000 people singing Hatikvah, left an indelible mark for life,” Izso said.

He was so inspired by the leadership of the Maccabi movement that he got involved as a coach and manager, and then on the executive board administrative level. Izso was assistant track coach in 1997, when hockey legend Jean Béliveau was chef de mission.

Since moving to Ottawa in 1988, Izso has worked hard to build Ottawa’s representation in the Maccabi movement.

“This guy works hard with volunteers knocking on doors, raising money, spreading the word, a really difficult task in such a small Jewish community,” said Jon Braun, director of athletics at the Soloway Jewish Community Centre. “The power base for Maccabi Canada has always been in Toronto and Montreal, but Bill has really made Ottawa part of the equation with his dedication to this cause.”

The Izsos’ two children, Alexandra, 23, and Jeremy, 21, both participated in the 2009 Games. Alexandra was an assistant manager of the swimming team, while Jeremy competed on the silver medal-winning baseball team.

Izso, parents, athletes and supporters of “Team Ottawa” have been working on a number of group fundraising programs for the upcoming Games, in-

cluding a Hockey Night in Canada panel evening with CBC’s Elliotte Friedman and players from the Ottawa Senators, which raised more than \$20,000. Most recently, they raised another \$4,000 in a coffee fundraiser and a baseball raffle.

The Maccabiah Games will be held from July 16 to 31, and Canada will be sending more than 500 athletes, plus 120 coaches and support staff.

“The unique thing about Maccabiah is that you have to be good. You don’t just walk up and say ‘I want to go,’” said Bacher. “And all of our athletes come back and get involved in outreach programs. They’re proud to be Jewish and to pass that on to other kids. We’re ensuring that, 20 years from now, there will be other kids who want to support Israel. We’re all doing our best to do that.”

Visit maccabicanada.com for information about the Maccabiah Games and Maccabi Canada.

Ottawa’s contingent for the Maccabiah Games

Ice hockey: Daniel Altschuller and Andrew Calof.

Soccer: Brian Cohen, Eadan Farber, Gedaliah Farber, Elizabeth Foody, Charlotte Foody, Jonah Moore, Noah Poplove, Izze Rosenberg and Holden Wine.

Basketball: Idan Itskovich.

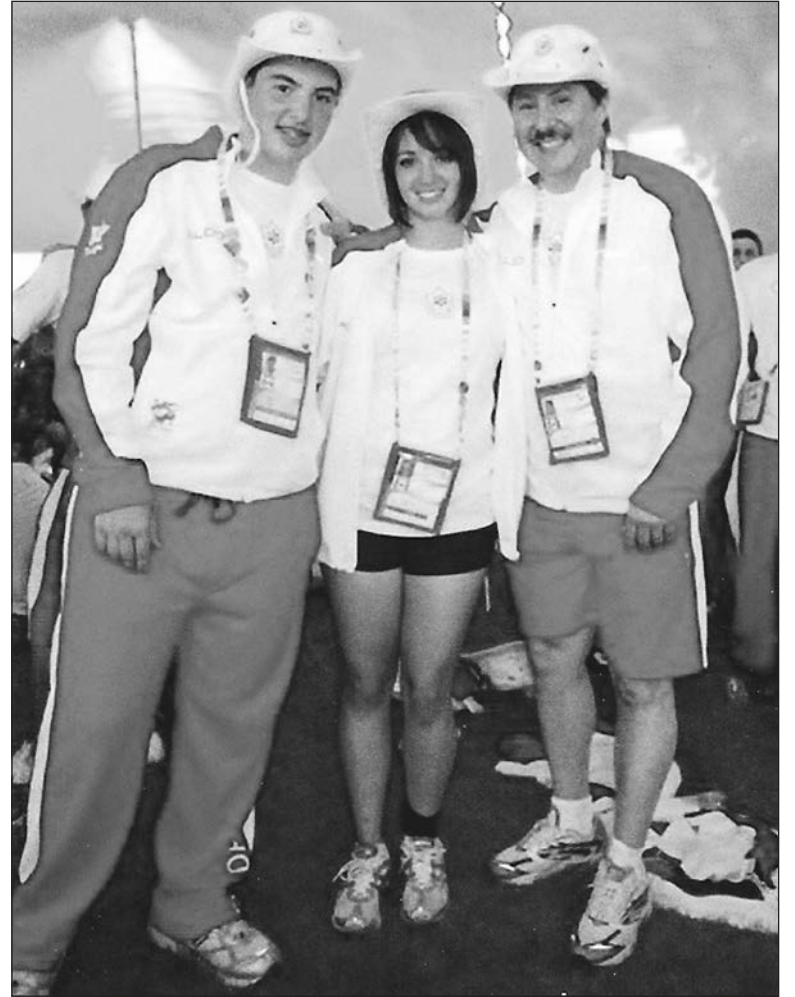
Swimming: Alexandra Izso (manager), Naomi Kirshenblatt, Samuel Miller and Jacob Miller.

Golf: Isaac Lieff and Lewis Miller.

Baseball: Gabe Mink and Jacob Osterer.

Volleyball: Gilad Streiner and Dana Lavitt.

Rugby: Zachary Chadnick.



Maccabi Canada stalwart Bill Izso (right) with son Jeremy (baseball player) and daughter Alexandra (swim team assistant manager) at the 2009 Maccabiah games.

Beth Shalom could move from building by end of year

(Continued from page 1)

Conservative congregation will have 60 days to remove religious, historical or sentimental items from the building, which was also home to the Jewish Community Centre before 1998.

“Our executive committee and board of governors will continue to work diligently

to determine how best to move forward and take the necessary actions to address our needs. Time will be of the essence as we deliberate our alternatives and determine the most viable course of action for our Beth Shalom community,” added Sherman in his letter.

Among the alternatives that have been on table over the past year has been construction of a new synagogue building and a possible merger with Agudath Israel Congregation, Ottawa’s other major Conservative synagogue.

Beth Shalom was created in 1956 with the merger of Ottawa’s first two congregations, Adath Jeshurun, founded in 1892, and Agudath Achim, founded in

1902. An Orthodox congregation for most of its history, Beth Shalom is now affiliated with the Canadian Council of Conservative Synagogues.

The congregation, which numbers about 350 families, has been in a precarious situation for a number of years and has been run-

ning annual deficits in the range of \$200,000 for several years. While the downtown Sandy Hill location was once the hub of Ottawa’s Jewish community, most of the city’s Jewish population moved from the area decades ago, leaving behind a building that has become too expensive to maintain.



Congregation Beth Shalom has negotiated a tentative sale of its building.

(Photo: Michael Regenstreif)



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AGENCY SPOTLIGHT

The Federation supports our community agencies through your generous donations to the Annual Campaign.

Hillel Ottawa

Hillel Ottawa serves as the foundation for Jewish campus life seeking to engage 1,500 local university and college students every year. Hillel provides meaningful social, recreational, educational and religious programming that fosters a long-lasting relationship and commitment to Jewish life within our student population.

From the beginning of this academic year, we have organized many record-breaking events, including our welcome barbecue and community-wide Holocaust Education Week dinner. Through these interactions, students benefit from and develop unique relationships with Jewish life on campus that will strengthen our Jewish community.

Our programs and events serve as a catalyst for outreach or engagement opportunities. Unique events, such as our big Chanukah Ball or a musical evening with Israeli musician Michael Greilsammer, are great examples of Jewish students coming together to celebrate culture and heritage.

Our students use creative methods to



Ottawa university students enjoy a Hillel Ottawa event.

give back to the community by handing out candy-grams to loved ones with proceeds going to Save A Child's Heart charity or competing in an evening of philanthropic poker games with proceeds benefiting local organizations.

Occasionally, students just need to 'be Jewish with other Jews' in social and recreational activities, such as our annual speed dating event, Super Bowl party, or a co-ed dodgeball tournament. Some of our regular ongoing programming includes Shabbat

dinners at least twice a month, weekly "hot lunch" for hungry students, Café Ivrit for Hebrew language skills, and Beit Midrash providing a unique personalized Jewish educational experience.

The Israel Awareness Committee (IAC) is the advocacy arm of Hillel Ottawa. The IAC is dedicated to engaging in debate, discussion and dialogue on Israeli society, culture and politics. It is dedicated to promoting a peaceful existence of Israel, representing the entire spectrum of political views and backgrounds

and showcasing the political and cultural life of Israel through innovative and engaging programming.

The IAC helps ensure that anti-Israel activity, such as Israel Apartheid Week, is met with a clear, factual and positive image of Israel.

One of the main methods of promoting education on Israel is by bringing guest speakers to campus or the broader community. Guest speakers, such as Kassim Hafiz, Neil Lazarus and Moti Kedar, helped us bring opportunities for Jewish and non-Jewish students to learn more about Israeli politics that otherwise might not be available to them.

Panel discussions and unique interactive programming with visiting Israeli students, a 'Reverse Mifgash' with Israeli soldiers, and experts from various academic fields provided the whole student body with the opportunity to experience meaningful insight into the positive contributions of Israeli politics, society, science and the Israeli and Jewish people as a whole.



2012 G.J. Cooper Scholarship recipient Chelsea Sauvé received a scholarship of \$13,201 at the OJCF Annual General Meeting (presented by Yoni Freedhoff, 2012 Scholarship Committee Chair).

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For complete details, please visit www.OJCF.ca or contact us at 613-798-4696 ext 252, or by email at info@ojcf.ca.



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Machzikei Hadas to host exhibit celebrating Theodor Herzl

By Donna Klaiman
for Machzikei Hadas

Congregation Machzikei Hadas, in partnership with State of Israel Bonds, will mark Israel's 65th birthday

by hosting an exhibit celebrating the life, work and accomplishments of Theodor Herzl (1860-1904), the founder of modern Zionism, from April 12 to 28.

The exhibit, *The Dream Fulfilled: Theodor Herzl and the Jewish State*, will feature items from the David Matlow Collection of Theodor Herzl memorabilia, the world's largest private collection. David Matlow is a Toronto-based corporate lawyer who has collected Herzl memorabilia for more than 20 years.

In the late 1800s, the Jewish people were a diverse group living as minorities in many countries around the world.

Herzl, a keen student of human nature, understood marketing and branding well before it was common practice, and knew that words, art, icons and symbols were needed to unify the Jewish people around

Zionism and to inspire them to work towards it.

After his death, Herzl himself became a unifying symbol of the Zionist Movement, which continued to use his name and likeness on various items to preserve his memory and to keep his dream alive.

This created a great diversity of Herzl-related items available to collectors. Matlow has more than 2,000 in his collection.

Matlow has curated several other exhibits of his collection, which have appeared in Toronto, Edmonton and Calgary.

The purpose of the exhibit is to demonstrate how much one person can accomplish. Herzl changed the history and destiny of the Jewish people by conceiving a Jewish state and by taking steps towards its creation.

He didn't simply dream, talk and pray about it. He did something about it. Through the example of Herzl, every visitor to the exhibit will understand that all of us can make a difference. Everyone will learn that Herzl was correct when he said, "If you will it, it is no dream."

Events taking place at Congregation Machzikei Hadas in conjunction with the exhibit will include a special Shabbat dinner on Friday, April 12, featuring Matlow as guest speaker, guided tours of the exhibit for children and adults and a closing dessert reception featuring a screening of the Moriah Films presentation, *It is No Dream: The Life of Theodor Herzl* on Sunday, April 28, at 6:30 pm.

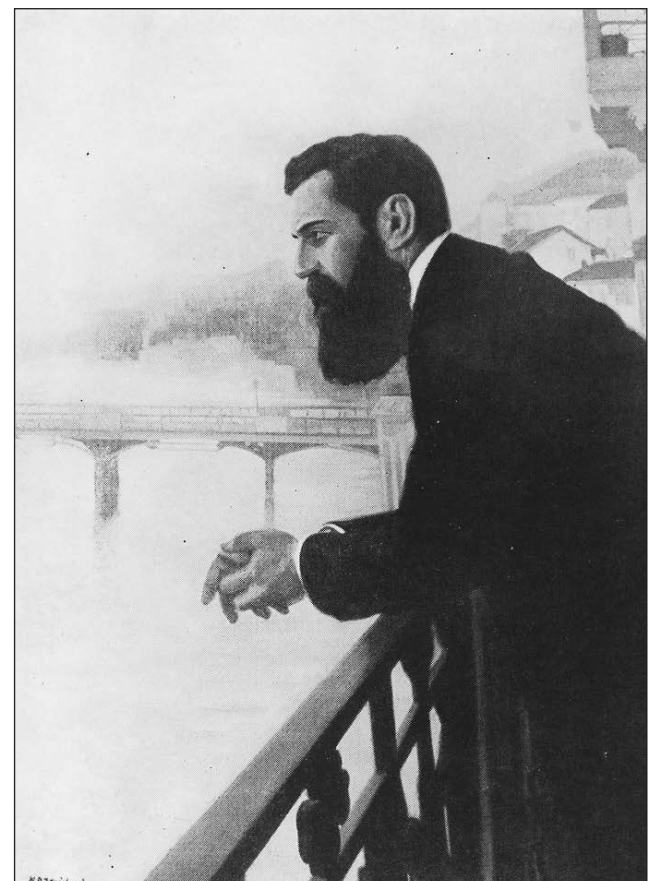
The exhibit and all events are open to the community. Exhibit and tour schedules will be posted at machzikeihadas.com.

For more information,

contact Camille Wenner, director, at 613-521-9700 or camille@machzikeihadas.com.



David Matlow, curator of *The Dream Fulfilled: Theodor Herzl and the Jewish State*, will speak at a special Shabbat dinner at Machzikei Hadas, April 12, to mark the opening of the exhibit.



Theodor Herzl, in Basel, Switzerland, following the Fifth Zionist Congress, December 31, 1901.

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Talking with Ottawa Jewish community leaders

Stephen Victor:

'We have to strengthen Jewish education'

By Louise Rachlis

Editor's note: Throughout 2013, the Ottawa Jewish Bulletin is speaking with a number of longtime community leaders about some of their leadership accomplishments and about challenges the community faces now and will face in the future.

There are many challenges facing today's Jewish community, but first and foremost is "Jewish continuity, weakened by the lessening of the bonds to Judaism and to Israel by the young generation," said community leader Stephen Victor, QC, a lawyer and senior partner at Victor Ages Vallance LLP, where he heads the civil litigation group.

"That is why we have to strengthen Jewish education in our community," he said, "and, in particular, the oldest educational institution, the Ottawa Jewish Community School (OJCS), formerly Hillel Academy, which has been in existence for over 60 years. Jewish education is paramount and the lifeblood of our Jewish community."

Because of his belief in that need, Victor is now engaged as the associate chair of the campaign to raise \$6 million to ensure the financial sustainability of the OJCS. Working with chair Richard Sachs, the campaign has already garnered more than \$5 million in pledges.

Among the other challenges within the community, he says, are enhancing the fundraising apparatus and developing young leaders for the future.

As well as his many professional and general community endeavours, Victor has been actively involved as president of the Jewish Community Council of Ottawa/Vaad Ha'ir (now the Jewish Federation of Ottawa), chair of the United Jewish Appeal of Ottawa, and president of the Jew-



Stephen Victor has held many leadership positions at both the national and local levels.

ish Community Centre of Ottawa.

Victor has also taken on such national leadership positions as chair of the Canada-Israel Committee, president of Canadian Friends of the Hebrew University of Jerusalem, and officer of the executive of Canadian Jewish Congress.

He has also received many honours and awards, including the Gilbert Greenberg Distinguished Service Award. Most recently, he received the Queen Elizabeth II Diamond Jubilee Medal after his name was put forward by the Centre for Israel and Jewish Affairs.

In the general community, he has been chair of the University of Ottawa Heart In-

stitute Foundation's board of directors.

"I did it because the Heart Institute is very close to my heart," he laughed. "I wanted to strengthen the Heart Institute in its role as one of the leading institutions in the world in cardiac care and research."

Victor began his volunteer involvement because he feels it is the duty of every Jew "to spend time for the purpose of enhancing the welfare and betterment of the Jewish community and the Jewish people, locally, nationally and in Israel. I take that responsibility seriously as a Jew."

When he and his wife, Gail, first went to Israel in 1972, that responsibility was "pointed out to me by Hy Hochberg," he said. Similar nurturing of the community is lacking these days, he feels.

Another challenge facing the community is that the Federation's Annual Campaign is "stagnant," he said. "It requires expanding the base of donors and the strengthening of our fundraising apparatus."

"I want to say it is absolutely essential that we maintain and strengthen the central fundraising organization in our community in order to centrally fund the beneficiary agencies of the Federation."

A further challenge is to develop and nurture young leaders "who have presidential timber in order to take over the future leadership of the Federation. ... We must seek

out, nurture and develop the young generation so that they will become the future lay leadership of our agencies in the community, including the future fundraisers of our community. Those are the challenges."

Looking back at his own accomplishments, a highlight was when, as president of the Vaad, he participated in the establishment of the vision and initial planning for the Jewish Community Campus.

"I'm also most proud of working as an associate chair with chair Roger Greenberg in the capital campaign, which raised in excess of \$29 million to establish the campus."

He is also proud that, as national chair of the Canada-Israel Committee from 1993 to 1997, he advocated on behalf of Israel and the Jewish community to the federal government in support of Israel during crises and challenges facing Israel and worked to strengthen the relationship between Canada and Israel, resulting in the Canada-Israel Free Trade Agreement.

And, finally, he is proud that, as president of Canadian Friends of Hebrew University, he was engaged in strengthening the awareness of Canadian Jews to the importance of the Hebrew University of Jerusalem as a leading educational institution in the world, especially in the development of political leaders for Israel and being at the cutting edge of high-tech and medicine.

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‘We live in a special and blessed time in the history of the Jewish people’

“Next year in Jerusalem” are the words uttered by Jews around the world as we conclude our Passover seders.

This declaration means different things to different people and the *Ottawa Jewish Bulletin* has chosen to publish various political views when it comes to the State of Israel, recognizing readers should have different perspectives in order to draw their own conclusions. My relationship with Israel is very personal and is one that provides me with passion and inspiration to do what I can as a Jewish leader in the Diaspora. Whenever I feel disheartened, a trip to Israel will provide the positive energy I need to keep striving to new levels.

I have been and continue to be a strong Zionist. Like feminism, Zionism is a word I am proud to say reflects my beliefs and identifies who I am and what I care about.

My second trip to Israel was when I was 18. Coming shortly after experiencing an anti-Semitic incident in Paris, I chose to spend the remainder of my summer on Kibbutz Ein Gev on the shores of Lake Kinneret. That summer, I made a difficult life decision to return to Canada rather than make Aliyah and remain in Israel. I was very torn at the time, but felt strongly



Federation Report

Debbie Halton-Weiss
Chair

that being closer to my family was my priority, and that I could have a fulfilling life as a Jew in the Diaspora and maintain my strong ties with Israel.

Introducing Israel to my husband Ron, a few years later, was a scary proposition. His having had very little religious or cultural affiliation to the Jewish community, I felt his connection to Israel was crucial to our relationship and to our successful development as a Jewish family. I had nothing to fear, though. Shortly after the plane touched ground, Ron was equally smitten with the land and the people of Israel, and we now shared a place we both loved and cherished, tying us together as a Jewish couple.

As a young family with three small children, we found various ways and excuses to find our way to Israel, some requiring more

funds than others. When our children were older, we made a deal with them that, if their travels took them to Israel, we would subsidize their expenses, but, anywhere else, they were on their own. This was the incentive needed for our children to make the decision to travel to Israel as older teenagers and young adults, developing their own commitment and relationship with Judaism and the land of Israel.

Over the years, with my involvement with the Jewish Federation of Ottawa, I have chaired March of the Living, Birthright, our Partnership programs, and various Missions. All of these are Federation-supported activities that create life-changing opportunities to connect people to Israel, and to one another.

One of my proudest moments as an Ottawa Jew was last May when Ottawa was represented by more than 150 people, the largest contingent to ever come to Israel at one time from our city. We led “Hatikvah” on the shores of the Kinneret, metres away from Kibbutz Ein Gev where I’d lived 30 years earlier, introducing a new type of philanthropy and sport to our Israeli partners. For a second consecutive year, Ottawans will head to Israel in May to tour

the country and participate in the Dragon Boat Festival.

The Federation, through all these various programs, has provided different opportunities for our community’s youth, emerging generation, adults and leadership to connect more deeply with each other having shared a journey to Israel together. We don’t always share the same political views, but our understanding of our joint commitment to the survival of the Jewish state keeps us respectful of, and interested in, hearing each other’s perspectives.

We live in a special and blessed time in the history of the Jewish people when we have the freedom to travel to Israel and Jerusalem and breathe, touch and embrace our Jewish past and shape our Jewish future. As you sit around your seder tables, uttering the words, “Next year in Jerusalem,” I hope you, too, will discuss your relationship with Israel and how you might consider taking advantage of this opportunity and determine how Israel can be part of your and your family’s lives.

Chag Sameach and best wishes for meaningful seders spent together with family and friends in peace and shared blessings.

We must remember the next generation is at our seder table

One of the strangest customs of the Passover seder is when the children are encouraged to steal and hide the afikoman and then extort money or gifts in exchange for its return. Not to sound like the Grinch who stole Passover, but does this really make sense? When did theft go from being an immoral act to a virtue? There must be a deeper meaning behind this custom as it seems incongruous to a Jewish lifestyle.

Let’s think about the Passover seder for a moment. We begin with kiddush and then perform several actions that are designed to inspire the children to ask questions. We wash our hands, yet we don’t eat matzo. We dip a vegetable in salt water, break a matzo in half, and even refill our cups with wine. Finally, the youngest child stands proudly on his or her chair and belts out the *Ma Nishtana* (four questions) as parents and family listen with joy and pride.

Have you ever noticed that, while we were so careful to make sure the children ask the questions, we tend to be less concerned about giving them the answers? More often than not, after our little stars have performed their part, we dismiss them in favour of the brisket and turkey whose scent wafts through the air. It’s unfortunate that we can pull off a beautiful seder, replete with our finest silverware and delectable foods, without ever stopping to consider and explain to our children *ma nish-tana halayla hazeh* (why is this night truly



From the pulpit

Rabbi Ari Galandauer
Young Israel

different than all other nights?)

At the Passover seder, we, as parents, have a tremendous opportunity to tell our children what is really important to us. What it means to be Jewish, the beliefs and traditions of our ancestors, and the miracle of Jewish survival. We prepare so much for Passover, all the cleaning, shopping, cooking and baking. Should we not also prepare to properly fulfil the main mitzvah of the night, instructing our children as to why this night is so special?

One of my teachers, Rabbi Dovid Orlofsky, explains this may be the reason for the custom of stealing the afikoman.

“Our children have just asked the four questions and they deserve answers. Maybe they understand that sometimes the only way to get our attention is by stealing it. Perhaps the wise men who instituted this custom of stealing the afikoman did so to remind us that we cannot possibly finish the Passover seder without our children.”

On January 12, 2007, *Washington Post* columnist Gene Weingarten conducted an experiment by sending a violinist into a

subway station to sit there and play music, pretending to be a down-on-his-luck busker looking to make a few dollars. In 43 minutes, he collected \$32.17, mostly in coins tossed into his open violin case by rushing passersby. What only one person realized was that this man was Joshua Bell, a world class concert violinist who had performed the day before in a sold-out concert where the tickets were mostly in the \$100 range. The point Weingarten was making was that people are so busy, they

don’t take time to notice the wonderful things around them.

The same is sometimes true with us and our children. Our children are sweet and amazing, and the sounds they make are much more meaningful than violin music. So, why do we sometimes forget to notice? It can be a struggle to make the Passover seder meaningful for our guests and ourselves. We must, however, be careful to remember the next generation is also sitting at our seder table.



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The message of Passover remains essential after thousands of years

I've always found Passover – when we recall the slavery our ancestors endured in ancient Egypt and their struggle for freedom and liberation under Moses' leadership as told in the book of *Exodus* – to be the most inspiring of all the Jewish holidays.

Every year, the Passover Haggadah reminds us that each of us, like the many generations who came before us, must see ourselves as personally moving from the bondage of slavery to freedom.

Many centuries later, African Americans found inspiration in those same biblical legends as they struggled for freedom from the cruel shackles of slavery in the 19th century and as they continued that struggle in the civil rights movement of the 20th century and beyond.

The story of the ancient Israelites was recalled by such eminent African American leaders as Harriet Tubman, who organized and led the Underground Railroad, which brought many from slavery in the Southern U.S. to freedom here in Canada in the 1850s; and Reverend Martin Luther King, Jr., the inspiring leader of the modern civil rights movement.

There are countless songs in both the Jewish and African American musical traditions that celebrate these biblical stories and remind us of the paramount importance their lessons still hold in our own



Editor

**Michael
Regenstreif**

time when outright slavery and other forms of extreme oppression still exist in many places throughout the world. You can hear some of those songs on two wonderful CDs, both first released in advance of Passover in 2005, and both inspiring collaborations between Jewish and African American musicians. Eight years later, both CDs remain on the *Amazon.com* bestseller lists for Jewish music.

Brother Moses Smote the Water (Piranha Records) is a live concert recording by the Klezmatics, one of the most dynamic and innovative bands of the modern klezmer revival, with African American gospel singers Joshua Nelson and Kathryn Farmer, while *Let My People Go: A Jewish and African American Celebration of Freedom* (Appleseed Recordings) is a collaboration between my friends Kim and Reggie Harris, African American folksingers who have made the songs of the Underground Railroad and the civil

rights movement a cornerstone of their repertoire, and their friend Rabbi Jonathan Kligler, the spiritual leader of Kehillat Lev Shalem, the Jewish congregation in Woodstock, New York.

Every year, I listen again to these inspiring albums as we approach Passover. Their songs and stories remind me of the relevance to our contemporary world of the story of Moses leading ancient Israelites out of bondage thousands of years ago. Until freedom reigns throughout the world, the journey begun by Moses so long ago will continue.

End of the Common Era

It was revealed late last month that the Canadian Museum of Civilization, soon to be called the Canadian Museum of History, has changed its style guide and will now use the abbreviations BC and AD, which stand for “before Christ” and *anno Domini* (Latin for “in the year of the Lord”), rather than BCE and CE for “before the common era” and “common era,” which have been used for decades.

It has become increasingly common for historians and other academics, and for museums, to use BCE and CE over the past 40 or so years as we've recognized ours is a multicultural society. *The World Almanac and Book of Facts*, a reference

book published annually in the United States since 1868, dropped BC and AD for BCE and CE in 2007.

But usage of the religiously neutral terms BCE and CE have been common – no pun intended – in Jewish circles for more than 150 years. They were used by Rabbi Morris Jacob Raphall in his book, *Post-Biblical History of the Jews*, published in 1856.

Museum of Civilization officials insist the change was not made for religious reasons; that it was only made in recognition of more museum-goers being familiar with BC and AD than with BCE and CE.

Using BCE and CE was mostly symbolic. But symbolism is important. The terms sent a message of inclusion and multiculturalism. If some museum-goers didn't know what the abbreviations meant, they could be told – education is part of any museum's mission – as, presumably, they have been over the decades. The museum is an institution that belongs to all Canadians and the move is a step backwards to a time when Canada was a less inclusive, indeed, a less tolerant, society. The policy should be reversed.

Happy Passover

On behalf of the staff of the *Ottawa Jewish Bulletin*, I wish everyone a happy and joyous Passover.

'The only answer for a party that has hit the skids'

This whole thing about Justin Trudeau being the automatic winner of the Liberal leadership has heads spinning. It is a fascinating happening that all the political experts are trying to figure out.

For a man who, a year ago, said he had no interest in the leadership because he would rather spend more time with his family, we have indeed come along way. How far the Liberal Party can go is a whole other question.

For starters, it is not a good thing for the party to have an automatic winner. Sure, it could happen to a political party at any given time in history but, for some reason, recent history has seen the Liberals flocking to a front-runner, an anointed winner, many more times than not. Somehow, the front-runners have failed miserably, more times than not.

The history of finding and electing golden messiah-like candidates who look and sound so perfect in both official languages demonstrates how the Liberals are victim to their own history. The thirst for charisma started with the Liberal Party selection of Pierre Trudeau in 1968, and they've tried to duplicate it ever since.

Trudeaumania, for those of us old



**Jason
Moscovitz**

enough to remember, was our chance to have our own John Kennedy just a few short years removed from Kennedy's assassination. The excitement of a Canadian Camelot was overwhelming, and Trudeau swept to power in the 1968 election.

What is often forgotten is that Trudeau was not an automatic choice of the Liberal Party at their convention a few months before the election. He hadn't paid his dues. He didn't have much political experience. A lot of the experience he did have was with the New Democratic Party, which he used as a platform to fight Lester Pearson's Liberal government on its nuclear arms position, a position that had been forced on Canada by the U.S.

It took several hard-fought ballots for Trudeau to win the leadership, and there was a lot of bitterness within the party

that this *outsider* had won the leadership. It didn't take long for that bitterness to evaporate as huge electoral success followed so soon afterward.

In Justin's case, it cannot be said he is an outsider who had dalliances with any other political party. But it certainly can be said that he has not paid his dues and that he lacks the experience to aspire to such high office so early in his political career.

What his father lacked in political experience at the beginning of his leadership launch, he more than made up for by his noted intelligence as a writer, social activist and law professor at the University of Montreal. The record is well known that, in contrast to his father, Justin taught acting and French in high school and made a lot of money as a public speaker before turning to politics. This, by no means, suggests Justin is not bright, but there is no evidence he has the intellectual gravitas his father had.

What Justin does share with his father is all that charisma. In fact, Justin has much more of it and is far better looking. How far can and will that take him?

That is the question many Liberals

keep asking themselves. They know in their heart of hearts that Justin is not a solid enough politician yet to run to be prime minister. While, in all fairness, he may be one day, no one can think that day is a mere two years away. But that won't stop Justin from becoming the next leader of the Liberal Party.

So, how well can Justin do in the next federal election? The generational question is a good place to start. Among Canadian politicians, Justin is the master of *Facebook* and social media. But does he have a good hold on the younger generation's vote? Through all generations, can his charisma change the face of Canadian politics and turn the Liberal Party from losers to winners? As the sports expression goes, can they go from worst to first?

There are many reasons Liberals believe the answer to all the above questions is 'yes.' There is no doubt Justin Trudeau is the best candidate the Liberals have in the hopes of electoral success in 2015.

He may be the automatic choice – but he is also the only answer for a party that has hit the skids.

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Stand with Israel

Reading Rabbi Barry Schlesinger's response ("Stand with Israel," *Mailbag*, February 18) to the February 4 *Values, Ethics, Community* column by Mira Sucharov prompted some soul searching.

His pride in the miracle of Israel and its accomplishments are evident and shared by those of us who identify as Zionists. I think Sucharov's point had to do with the ethics that Zionism, a plant nourished in soul of Judaism, exhibits in current Israeli practice. There is a very simple test.

To discuss Israel's accomplishments without mentioning the occupation of the West Bank and the reality of being an Arab in Israel, would be much like explaining the meaning of a seder without discussing the role of horseradish.

What justice is there when rabbis on the government payroll call for the expulsion of Arabs, but still keep their government salaries? What values are exhibited when Israeli Arab villages are denied the same funding as their Jewish counterparts? There have been far too many examples cited by Jewish witnesses of *moral* Israeli troops standing idly by while Jewish youth attack their Arab neighbours and burn their crops. Why does the separation barrier impinge deeply into the West Bank beyond the Green Line? Why are settlements, deemed illegal by Israeli courts, provided with electricity from the national electrical carrier?

If we are being true to our values as a Canadian minority, and as ethical Jews, it is incumbent upon us to reflect upon the 20 per cent of Israelis who are Arabs, and on the millions between the separation barrier and the Jordan River. The test involves answering the following: Would I be satisfied if I were an Arab living under Israeli rule?

Yes, we must stand with Israel, but in a way that reflects reality and truth rather than ethical myopia. Mira Sucharov has vividly brought this to our attention.

Brian Rothberg

Accommodations for haredis

When my Israeli kids visited us in New Jersey a number of years ago, we took them to visit my father's favourite store, B&H in Manhattan, one of the largest camera and electronic stores on earth. It is owned by haredi Jews. When they walked into the store and saw who actually worked there, they exclaimed, "What, haredim *do* work?" ("Out of the mouths of babes," as the saying goes.)

It was truly sad this was our children's impression, but, then again, they are Israelis and are unaccustomed to seeing haredim in the work force.

Barbara Crook's *My Israel* column ("Accommodations must be made if haredis are to 'share the burden,'" March 4) is both optimistic and hopeful, and I agree change does take time. At the present moment, as an Israeli citizen who has to

live with the day-to-day consequences of the special treatment afforded haredim, I believe it would be a good idea for Prime Minister Benjamin Netanyahu to adopt Yesh Atid's policy platform regarding equal service for all. It says that, five years after implementation, "All 18-year-old boys will report to IDF induction centres. Those selected by the IDF for combat units will serve for three years and will be given special financial privileges ... Those designated by the army for non-combat roles or referred to national service due to physical or ideological considerations will do so for two years. A small group of 1,000 exceptionally gifted Torah scholars will be exempt from service altogether in order to be able to continue, in an uninterrupted fashion, their full-time studies. Those who refuse to serve will forfeit all government funding with the exception of basic social security."

Adopting this policy may push the haredi parties out of the coalition and to the Knesset's back benches for a *chilling-out* period, but this may not be such a bad thing. During this time, the government might have the opportunity to move forward and deal with other key issues, such as electoral reform, improving Israel's education system, the appointment of a Zionist chief rabbi of Israel who views army service as a mitzvah, the official recognition of non-Orthodox religious streams and their rabbis, the distribution of funds to all religious streams in Israel, and even the issue of praying at the Western Wall.

Rav Barry Schlesinger

Editor's notes

"Kosher style": An advertisement in the March 4 issue for a community Passover seder organized by Congregation Or Hanesamah announced a "kosher style full dinner."

The reference to "kosher style" should not have appeared in the ad.

According to regulations issued by the Canadian Food Inspection Agency, the terms "kosher style" is not allowed in advertising unless the product meets the requirements of kashrut. This is because it is "considered to create the impression that the food is kosher."

The word "kosher" should only be used when all requirements of kashrut are met.

Author addendum: The article "Kosher Meals-on-Wheels to include locally prepared Shabbat dinner (February 18)," credited to Rivka Finkelstein was a collaboration by Carol Diamond, Marion Silver, Ruth Aaron and Rivka Finkelstein.

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Sustainability and Renewal

"Israel's vibrant *start-up* spirit is evident in its agriculture. I was mightily impressed to find that 2,400 students are studying farming-related sciences at the Hebrew University's Faculty of Agriculture in Rehovot. By contrast, throughout the whole of Australia, only around 700 students are studying agriculture. And the average age of Australian farmers is 60. Israel seems to be getting something very right where farming is concerned," said Australian science writer Dr. Elizabeth Finkel on a visit to Israel to tour KKL-JNF agricultural projects as part of the research for her upcoming book on feeding the world in the future.

"The world needs to feed a population of nine billion in the next 50 years with diminishing water and arable land and higher temperatures. Obviously, there are lessons to learn from Israel, which has turned its deserts into agricultural powerhouses," Finkel noted.

These two insights crystallize the approach JNF takes to its agricultural development work. If we are to feed the world, it is not enough to have innovative technology; you also need people to implement the technology. Farms do not run without farmers, so supporting farmers is as important to JNF as finding new ways to farm. Everything about JNF comes together in farming: people, water, land and innovation.

JNF's regional research and development stations operate with the aim of developing new crops and improving farming techniques for existing crops. We also help farmers in peripheral parts of the country meet the challenges of international competition in agricultural industries and improve their own profitability. These stations exploit the natural potential of peripheral regions: climate, soil, varieties of water sources and the capacity of Israeli farmers to apply research in real life farms. Field advisers and noted researchers in these stations work in co-operation with academic institutes, but their research is focused on short-term practical applications as opposed to the longer-term foundational research that academic institutions are better positioned to sustain. The two types of research feed each other and help JNF to feed the world. I think about this every time I buy Israeli-produced food in our own local grocery stores. As a Canadian from a huge country, it amazes me that a small country like Israel has the agricultural capacity to export food to Canada. If you are interested in supporting or knowing more about projects such as this, please contact our JNF Ottawa office.

One of the ways JNF reclaims and sustains land for agriculture is by planting trees strategically. Sending Passover greetings through JNF cards is a strategic way to support Israel's agricultural industry and celebrate Jewish life at the same time. Individual trees are \$18 or you can buy a bank filled with 10 trees and have JNF send beautiful cards to your friends and loved ones whenever you wish for \$150 (a savings of \$30).

To order tree cards for Passover, please call Susan Schwartzman or Lynda Taler-Wakter, Executive Director, Ottawa and Atlantic Canada at 613-798-2411.

On a daily basis you can plant trees for all occasions. An attractive card is sent to the recipient. To order, call the JNF office (613.798.2411).



Minister moved by Sara Loewenthal's children's book about MS St. Louis

By Devora Caytak
Jewish Youth Library

On February 18, Citizenship and Immigration Canada held an event in Toronto marking completion of the Community Historical Recognition Program. At the event, Sara Loewenthal, a teacher at the Westboro Jewish Montessori Preschool, gave a reading of her book, *So Near, and Yet So Far: Klara's Voyage on the MS St. Louis*.

As noted on the Citizenship and Immigration Canada website, "The Community Historical Recognition Program was established in 2008 to acknowledge and educate all Canadians about how certain ethno-cultural communities were affected by wartime discriminatory measures and immigration restrictions applied in Canada."

The Jewish Youth Library of Ottawa, (JYL) a Chabad organization, was the recipient of a grant from the Community Historical Recognition Program to commemorate the MS *St. Louis*, a ship that left Nazi Germany in 1939 with more than 900 Jewish refugees. The ship was turned away by Canada, the United States and the Latin American countries before returning to Europe where many of the passengers were eventually murdered in the Holocaust.

In addition to Loewenthal's book, JYL also commissioned *Turbulent Seas*, a mural by internationally renowned artist Michael Muchnik that now hangs in the library building.

So Near, and Yet So Far: Klara's Voyage on the MS St. Louis, illustrated by Nicholas Jackson, is written through



Author Sara Loewenthal presents a copy of *So Near, and Yet So Far: Klara's Voyage on the MS St. Louis* to Citizenship, Immigration and Multiculturalism Minister Jason Kenney. (Photo courtesy of Citizenship and Immigration Canada)

the eyes of eight-year-old Klara, who tells of her experiences on the ship.

After the reading, Loewenthal presented Citizenship, Immigration and Multiculturalism Minister Jason Kenney with a signed copy of the book. He

said he was deeply moved and mentioned the book in his speech.

Visit jewishyouthlibrary.com for more information on the MS *St. Louis* project and other Jewish Youth Library programs.

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Accomplished guitar and cello duo to perform at Temple Israel

**By Mort Bercovitch
for Temple Israel**

Guitarist Daniel Bolshoy and cellist Paul Marleyn will present a fun musical evening, Thursday April 11, 8:00 pm, at Temple Israel.

Bolshoy and Marleyn have performed across Canada and the U.S. since 2010, including performances at the Abbey Bach Festival in Oregon, on tour in British Columbia, and at

the Music and Beyond Festival in Ottawa. Their repertoire for cello and guitar covers original works and compelling transcriptions, as well as their arrangements of works by composers ranging from Bach to Antonio Carlos Jobim. Their music embraces the spirit of the Spanish flamenco and the Brazilian bossa nova, the contagious lilt of klezmer and the elegance

and inspiration of classical masterworks.

Bolshoy was born in Russia and grew up in Israel where, as a teenager, he discovered his passion for classical guitar. The Bolshoy family arrived in Ottawa in 1993 where he graduated from Canterbury High School's arts program. He won a full tuition scholarship to the University of Denver where he earned bachelor and master of music degrees, graduating magna cum laude. He continued his doctoral studies at the University of Arizona and then at Indiana University's Jacobs School of Music where he combined teaching with his academic program.

Since returning to Canada, Bolshoy has established himself as one of the coun-



Guitarist Daniel Bolshoy and cellist Paul Marleyn will bring an eclectic repertoire to Temple Israel, April 11.
(Photo: Richard Trueman)

try's leading classical guitarists. He has performed as a soloist with many orchestras and in prestigious festivals internationally. In Canada, his engagements have taken him from sea to sea to sea.

Bolshoy now lives in Vancouver where he combines an active performing career with teaching. He is head of the classical guitar division of the University of British Columbia School of Music and heads the guitar department of the Vancouver Symphony Orchestra School of Music.

Marleyn is a cellist with a broad and eclectic repertoire, which ranges from the baroque period to the 21st century. He tours regularly across Canada and frequently performs in the United States, Europe and Asia. His concerts and well-received

recordings are often heard on CBC Radio, BBC Radio and National Public Radio.

Raised and educated in England, Marleyn completed his musical studies in the U.S. at the New England Conservatory of Music and Yale University. He was principal cellist with the Royal Liverpool Philharmonic Orchestra from 1993 to 1997 when he came to Canada to become professor of cello and head of strings

at the University of Manitoba. Since 2004, he has held the same positions at the University of Ottawa. Highly regarded as a teacher, he has conducted master classes in North America, Europe and Asia.

For more information and ticket reservations, call Nancy Bercovitch at 613-731-9278 or the Temple Israel office at 613-224-1802. Tickets are \$20 (adults) and \$15 (students).

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Canada assumes chairmanship of International Holocaust Remembrance Alliance for 2013

Berlin, Germany – Canada assumed the chairmanship of the International Holocaust Remembrance Alliance, March 5, and committed to an ambitious campaign in the year ahead to raise Holocaust awareness and fight anti-Semitism.

Citizenship, Immigration and Multiculturalism Minister Jason Kenney, along with this year's chair of the Alliance, Mario Silva, attended a ceremony in Berlin where Belgium handed over the chairmanship to Canada.

"Our government believes it is critically important to be engaged in efforts to teach future generations the lessons of the Holocaust and help prevent future acts of genocide," said Kenney. "The Holocaust stands alone in the annals of human evil and has important lessons to teach all of us – universal lessons that must not be forgotten."

Canada became actively involved with the International Holocaust Remembrance Alliance in 2007, and became a full member in 2009. Canada will chair the Alliance until March 2014.

The International Holocaust Remembrance Alliance is an intergovernmental body made up of government officials and experts from 31 countries. It is devoted to fostering and promoting Holocaust education, remembrance and research around the world. Each year, the Alliance nominates a member country to assume leadership of the organization.

"As chair, Canada will work with all Alliance member countries to implement an ambitious, multi-year work plan that includes research into Holocaust killing sites outside of major death camps, the development of educational resources for teachers, and strengthened relationships with international partners," said Silva, a former Liberal member of Parliament.



(From left) Outgoing Chair Jan Deboutte of Belgium, incoming chair Mario Silva and Citizenship, Immigration and Multiculturalism Minister Jason Kenney mark the commencement of Canada's term as chair of the International Holocaust Remembrance Alliance, March 5, in Berlin, Germany.

(Photo courtesy of Citizenship and Immigration Canada)

The handover ceremony was also marked by the restitution of a painting from the Stuttgart Gallery in Germany to the estate of the late Jewish Canadian art dealer, Max Stern. With the Nazis' ascension to power in the 1930s, the painting was part of a forced sale held by the Stern family. The painting by the artist Master of Flémalle was returned to Concordia University in Montreal, which leads the Max Stern Art Restitution Project, one of the most recognized initiatives of its kind in the world.

Many events and initiatives in support of Holocaust education and remem-

brance will take place across Canada this year, among them the undertaking of a national project to preserve survivor testimony, an Award for Excellence in Holocaust Education to recognize outstanding teachers, and an international poster competition for Canadian students in graphics, art and design to support Holocaust Memorial Day activities. In addition, the development of a new Holocaust memorial in the Ottawa area is underway.

Canada is recognized as an international leader in the fight against anti-Semitism. In 2011, Canada was the first country to sign the Ottawa Protocol on Com-

bating Anti-Semitism, an international action plan to help nations measure their progress in the fight against anti-Semitism.

The 2013 International Holocaust Remembrance Alliance Conference will be held in Toronto in October.

The International Holocaust Remembrance Alliance was founded in 2000 under the name Task Force for International Co-operation on Holocaust Education, Remembrance and Research.



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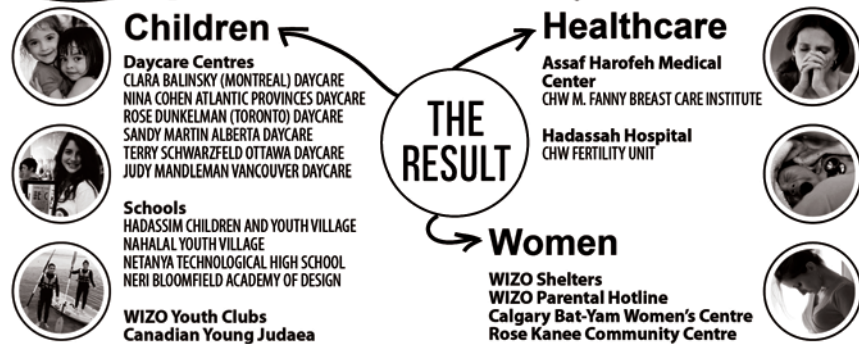
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CFHU is searching for the next Einstein

By Diane Koven
for CFHU

Do you have an idea you think could improve the world? A really *big* idea? And would you like to win \$10,000?

The Hebrew University of Jerusalem (HU) and the Canadian Friends of the Hebrew University (CFHU) have just launched an exciting new contest to encourage innovative thinkers – people who ‘think outside the box,’ to showcase their ideas.

Searching for the Next Einstein – named for the late Albert Einstein, one of the original founders of Hebrew University and a man widely regarded as one of the greatest thinkers of the 20th century – is a contest open to anyone. Entries will be received until April 5 at searchingforeinstein.com.

From April 5 to 22, the top 10 ideas will be open for online voting through the Einstein contest site. Online votes will account for 50 per cent of the final tally representing the contest winner. The other 50 per cent will be determined by a panel of judges including HU scholars, scientists and alumni, chaired by Professor Roger D. Kornberg, the 2006 Nobel laureate for chemistry.

“We are amazed by the immediate response,” said Rami Kleinmann, president and CEO of CFHU. “We had close to 300 ideas submitted in the first 24 hours of the contest, which already exceeded our expectation for the total project!”

The person with the winning idea will be awarded \$10,000 and an opportunity to be recognized at the prestigious Israeli Presidential Conference in June. Former U.S. president Bill Clinton will be an honoured participant among many other distinguished guests.

“It is very appropriate for HU, founded by great thinkers who made major contributions to the world in every area, to be sponsoring such a contest,” said Kleinmann. “Israel is one of the innovation capitals of the world and 40 per cent of the research in Israel is done at HU.”



Rami Kleinmann, president and CEO of Canadian Friends of the Hebrew University.

In addition to Einstein, founders of HU included such visionaries as Martin Buber and Sigmund Freud. Many top prizes and awards have been won by its graduates and faculty, including eight Nobel Prizes, and the Fields Medal in mathematics. CFHU facilitates academic and research partnerships between Canada and Israel as well as establishing scholarships, supporting research and recruiting Canadian students to attend the university.

If you think your idea could be the one to improve the world, don't delay. Go to searchingforeinstein.com and enter the contest!

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Guest column

CIJA parliamentary internship an invaluable experience

By Josh Shneer
CIJA

Parliamentary Intern

About a year ago, I was approached by friends about applying for the Centre for Israel and Jewish Affairs (CIJA) Parliamentary Internship Program. Having recently been accepted to law school, I was reluctant to commit myself to something entirely different. However, I was given permission to defer my acceptance and work on the Hill.

For me, politics was a hobby, something that piqued my interest, but not something I envisaged as a profession or even as a part-time job. But, despite having never before worked for an elected official, and coming from a background in science, I addressed any doubts about applying for and participating in the program with the help of former CIJA interns and other friends, and haven't looked back since.

Six months into the program, I can confidently say this is a completely worthwhile and invaluable experience to have as a recent graduate and young professional. I currently work for Conservative MP Rob Clarke, a member of the First Nations, who represents Desnethé-Missinippi-Churchill River, a rural riding in Northern Saskatchewan.

At the start of my internship, I knew next to nothing about the riding and the complex issues surrounding First Nations in Canada. While overwhelming at the start, it was not a sink-or-

swim situation. The beauty of being part of an internship program is that it is an incubator for learning and growing. I know volumes more now than when I started because I made an effort to reach out to my colleagues, friends and other staffers for help. I have a much greater understating of political issues, and such tasks as correspondence, casework and research now seem like second nature.

The internship is wholly what you choose to make of it. If you demonstrate interest, ambition and aptitude, people respond. You gradually earn more trust and respect, which is accompanied by responsibility. Lots of my effort this year has been focused on Clarke's private member's bill to amend and eventually replace the Indian Act. My work slowly evolved to where I now assist in speechwriting, communications and committee preparation.

Although I've droned on about work, there is a life beyond. Not only have I grown professionally, but personally as well. Being surrounded by like-minded political individuals, both within and beyond my party, challenges my set of beliefs and opinions for the better. It has allowed me to fortify some beliefs and abandon others. This kind of internal debate reflects a national one and is healthy for the mind and our democracy.

The other benefit is of a social nature. At the end of the day, politics is a people business. The relationships I

have developed will carry with me in my personal and professional lives. These connections are indispensable and relevant to business, law and politics. One such connection landed me at 24 Sussex for the Chanukah candlelighting ceremony with Prime Minister Stephen Harper, for which I am extremely grateful and honoured.

Anyone interested in contributing to the political process and supplementing their theoretical knowledge with hands-on, practical experience should seriously consider this program. The internship will give you a foot in the door when the door is otherwise closed, and, ultimately, you'll be better off for it.

For more information about the CIJA Parliamentary Internship Program, contact Noah Shack at nshack@cija.ca.

MEMBERS MEETING

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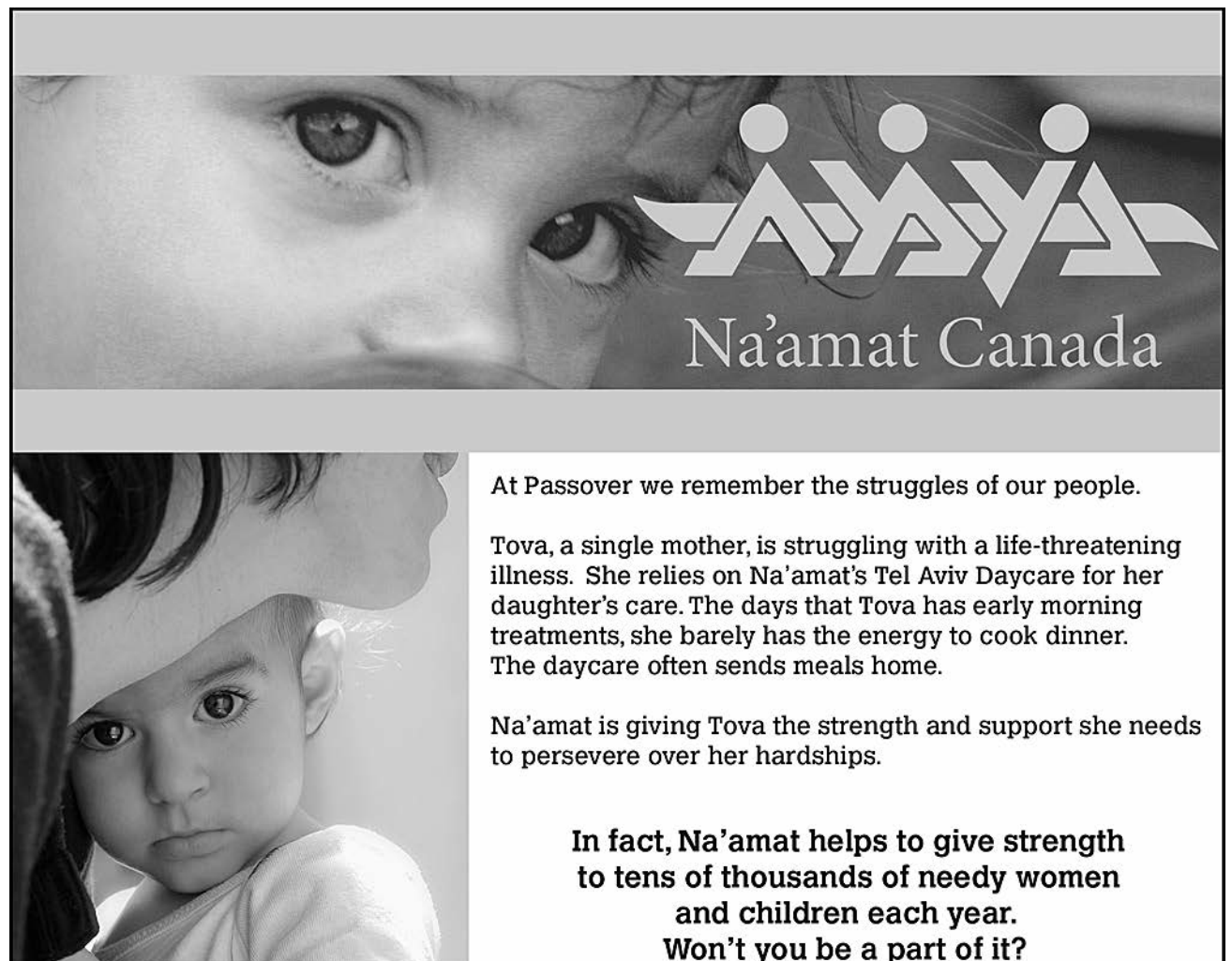
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Jessica Malek with Mackenzie, guest of honour at the dog’s birthday party organized by Na’amat at the Ottawa Humane Society.

Bat mitzvah project helps Na’amat and Ottawa Humane Society

By Jessica Malek, OJCS student
for Na’amat

As I studied and prepared for my bat mitzvah this year, I decided I wanted to perform a mitzvah project that would be both meaningful and helpful to others.

Over the years, I have seen how important Na’amat Canada has been for my great-grandmother Sylvia Shinder, my grandmother Ethel Malek, and my mother Andrea Malek. I have seen the good things Na’amat has done for disadvantaged women and children in Israel and Canada and I, too, wanted to help.

This year, the Na’amat Ottawa chapter organized a different type of fundraiser. On Sunday, January 13, they held a dog’s birthday party at the Ottawa Humane Society. The guest of honour was Mackenzie, a Labrador retriever mix, who was rescued eight years ago from a life of neglect and

cruelty by a humane society inspector. The birthday party attracted children of all ages to participate in such activities as face painting, animal crafts, baking cookies and colouring. Kids were invited to an interesting tour of the new Ottawa Humane Society building, which included the hospital and its operating and recovery rooms. We were then able to get up close to the cats and cuddle with them. There was a silent auction, where people bid on different restaurants, birthday parties, museum visits and other kid-friendly items. Funds were raised at the event for Na’amat Canada and the Ottawa Humane Society. It made me feel good knowing I was helping out such good causes by making signs for the event and helping out that day. For more information on Na’amat, or if you would like to help out on the next fundraiser, call 613-722-2932.a

Jim Watson
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- 3. Handling disputes** - Disputes can often arise among beneficiaries. Complex structures may be needed to facilitate distribution of earnings, assets or ownership.
- 4. The exit strategy** - In the absence of a structured divestiture plan, a long-term illness or death of the business owner or manager could leave your company without a viable successor.

Let's explore how we can help you with your succession plan. Contact me for more information, and for a copy of the Ernst & Young co-authored book, *Who Will Take Over the Business: Succession Planning for the Canadian Business Family*.

You can also follow us on Twitter @EYCanada and visit us at ey.com/ca.



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Happy Passover

Best wishes to you and your family
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JET Purim

The Goldbaum family as ‘the bad guys’ at JET’s Esther’s Oscar Purim Seudah/Feast, February 24.



Merivale High School Purim

Israeli musicians Michael and Shimrit Greilsammer performed a Purim concert, February 19, for the Merivale High School Jewish Culture Club. (Photo: Irv Osterer)

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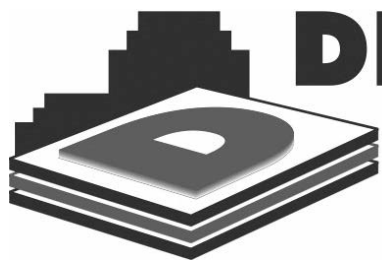
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Jaffa Road brings their modern Israeli-influenced music to Ottawa's Yom Ha'Atzmaut celebration, April 16.

Yom Ha'Atzmaut celebrations to mark Israel's 65th anniversary

By Pamela Rosenberg
Soloway JCC

The biggest community wide-celebration of the year returns to the Ernst and Young Centre on Tuesday, April 16 with an exciting new musical twist. The Toronto-based band, Jaffa Road, will take the stage at the Yom Ha'Atzmaut party with its innovative modern Israeli-influenced music.

The band's sound is a blend of Jewish songs in Hebrew, English and Ladino, Arabic and Indian music, modern jazz and rock.

Jaffa Road's debut CD, *Sunplace*, released in 2009, was nominated for a Juno Award and the group has won several awards including Best World Music Artist at the Toronto Independent Music Awards.

"This year will be bigger and better than ever," said event chair Penny Torontow. "All of our schools will be participating; there will be fabulous food and entertainment. It is so important for us to come out and, together as a community, celebrate our Jewish homeland, *Eretz Yisrael*."

While the celebration will include all the usual favourites like bouncy castles for the kids and Israeli food from Creative Kosher Catering, event organizers felt it was time to change the program for Israel's 65th birthday celebration and include a free concert of Israeli music that everyone could enjoy.

Jaffa Road will play two sets with chairs organized around the stage and a dance floor. Party goers will be able to enjoy their Middle Eastern meal at a table before moving over to the concert venue for the show.

Earlier in the day, at 11:30 am, there will be a flag-raising ceremony at Ottawa City Hall's Marion Dewar Square at 110 Laurier Avenue. Jewish community leaders and dignitaries will be on hand as Israel's flag is raised on Yom Ha'Atzmaut. A bus will leave the Jewish Community Campus at 10:45 am to take people to and from City Hall for the event.

On April 14 at 7:00 pm, community members are invited to gather at the Soloway Jewish Community Centre (JCC) to mark Yom Hazikaron, Israel's Memorial Day for fallen soldiers and victims of terror. This year's ceremony will focus on the connection between Israel and Ottawa and honours families from our community and their children who were lost at war or through an act of terror.

Ottawa's David Zbar, who was part of the first class at Hillel Academy and fell as a combat engineer in the reserves in the Golan Heights in 1974, and Benny Boguslovsky, who fell in 1948 as part of the famous 35 who died on their way to Gush Etzion, are two of the soldiers who will be remembered during the ceremony.

Jonathan Freedman, MC for the ceremony, is a former Israel Defense Forces officer with a special and personal connection to the day.

Jonathan was nine when his family moved to Israel from Ottawa. When he was in Grade 7, a classmate's brother was declared missing-in-action. During high school, one of his friends fell as a paratrooper officer in Beirut, and he has lost comrades-in-arms in the army.

"None of this, unfortunately, is anything but normal for anyone growing up in Israel," said Jonathan. "Yom Hazikaron is a very solemn, special day in Israel; a day all Israelis reflect on the cost of our freedom and independence."

In honour of Israel's 65th birthday, the Vered Israel Cultural and Educational Program and the Soloway Jewish Community Centre have created a web site – israel65ottawa.ca – which is being used as an information hub for all community events related to Israel.

All local Jewish organizations are welcome to submit community-wide events related to Israel's milestone birthday to Vered Israel Program manager Penni Namer at pnamer@jccottawa.com.

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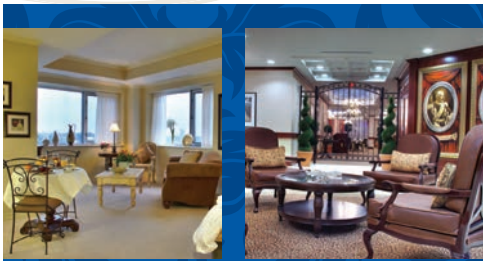
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Melissa Kargus, a student at Arnprior District High School, is the winner of Raoul Wallenberg Student Essay Contest for high school students. The contest was sponsored by the Embassies of Israel, Sweden and Hungary, and by the Shoah (Holocaust) Committee of the Jewish Federation of Ottawa. Melissa won a trip to Washington, D.C. to visit the United States Holocaust Memorial Museum.

(From left) Israeli Ambassador Miriam Ziv, Swedish Ambassador Teppo Tauriainen, Hungarian Ambassador László Pordány and prize winner Melissa Kargus.

(Photo: Sarah Beutel)



Chinese New Year at Hillel Lodge

The Chinese New Year was marked at Hillel Lodge, February 12, with a performance by the Fenghua group using traditional musical instruments including the erhu, a two-stringed Chinese violin, and Chinese flutes like the dizi and xiao.

“We share a deep appreciation for tradition and hold similar values regarding taking care of our community,” said Hillel Lodge Executive Director Stephen Schneiderman of similarities between the Chinese and Jewish communities. “Most venerated of all, are the elders whose wisdom and sacrifice brought us successfully to this point.”

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The Calgary Jewish Academy

Israeli souk's old-timers not surprised Mediterranean diet found to be healthy

By Ben Sales

Tel Aviv (JTA) – Puffing on a cigarette, Amnon Tubi says he always knew what scientists only recently have proven about staying healthy.

"I knew that Mediterranean food is the best," he said, surrounded by tables overflowing with tomatoes, cucumbers and oranges. "The legumes are healthy. There's a lot of fibre."

Tubi, 60, has worked in Tel Aviv's crowded, open-air Carmel Market for four decades, peddling produce and fresh fish. He's no doctor, but that won't stop him from recommending a daily diet: fish, vegetables, chicken, legumes and eggs.

Subtract the eggs, and what's left are some of the recommendations from a comprehensive dietary study published last month in the *New England Journal of Medicine*, which found that a Mediterranean diet can reduce

the effects of heart disease by up to 30 per cent.

Which foods are best? Olive oil, fruits, nuts, vegetables, cereals, fish and poultry.

The study makes the Carmel Market, a one-lane pedestrian bazaar, seem like a health food store. Along the souk's narrow, cramped and sometimes smelly corridor, there are at least three natural fruit shake stands, two stores specializing in varieties of olive oil, several fish shops and endless rows of produce.

Which stand gets business often depends on which grocer yells loudest. And some of the market's most voluble salesmen are happy to point out what they've long known about their product.

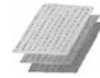
"I always knew it, of course," said Yossi, who has worked in the souk for 30 years, selling potatoes, onions and garlic. "Mediterranean food is spicy. In Israel, it's healthy. American food is disgusting. It doesn't have natural ingredients."

Tucked away behind one of the vegetable stands is a small doorway, framed in blue and white, whose sign simply says "Hummus."

The restaurant, which has gained a local reputation, is housed in a former synagogue and the food is prepared in full view of the patrons. Employees glob hummus on a dish from a metal bin, scoop in some beans from a large pot, add a sprinkling of spices and maybe

(Continued on page 26)

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Lori & Arnie Olyan in memory of Naphtali (Nip) Olyan by Naomi & Marvin Krym

Vickie Parker in memory of Coach Jerry Baker by Barbara & Pinchas Pleet

Families of Noah Pozner and the teachers and students killed in Newton, Connecticut school shooting by Elly & Al Bruner; by Ari, Emma, Louis & Ryan Wiseman

Judy Rapoport in memory of Abraham (Rocky) Rapoport by Murray & Bryna Cohen

Rivqa & Lazar Resnick in memory of Ester Fiskus by Frank & Janina Szmigielski

Joy Ridgewell in memory of Roy Ridgewell by Steven & Elizabeth Rubin

Berel & Alti Rodal in memory of Feiga Rodal by Norm & Myrna Barwin; by Susannah Dalfen

Fran & Morton Ross in memory of Helen Fleming by Norm and Myrna Barwin

Shelley Rothman in memory of Joel Dalva by Marcia & Barry Cantor; by Carol & Laurie Pascoe; by Susan & Charlie Schwartzman

Mitchell Sabloff in memory of Leonard Sabloff by Michael & Debbie Silverman

Adnan Safieh in memory of Fawzeh Awad by Chaim & Raina Feig

Sally & Norman Saslove in memory of Minnie Clark by Morton & Sheila Baslaw

Ricky & Larry Siegel in memory of your mother by Dr. Peggy Kleinplatz

Harvey Slack in memory of the Hon. Laurier L. LaPierre by Jane & Martin Gordon; by Marla & David Baker; by Myrna & Norman Barwin; by Susan & Charlie Schwartzman; by Barbara & Len Farber; by Murray & Bryna Cohen

David & Tova Smolkin in memory of Robert Smolkin by Leah Cohen

Karen Spencer in memory of David "Slinger" Seal by Roy Hanes & Mindy Finkelstein

Family of Robert Stein by Carol & Laurie Pascoe; by Judy & Mike Aranoff; by Rochelle & David Greenberg

Mickey Stephenson in memory of Claire Stephenson by Roy Hanes & Mindy Finkelstein

The family of Rose Taylor by Rochelle & David Greenberg; by Murray & Bryna Cohen; by Gail & Stephen Victor; by Margo & David Kardish; by Sheryl & Harvey Kardish; by Gale & Victor Kardish; by Sally Taller and the Wakter family; by Miriam & Mario Burke; by Michael & Debbie Silverman; by Marla & David Baker, by Lois & Jonathan Calof; by Susannah Dalfen

Lynda Taller-Wakter & Alex Wakter in memory of Rose Wakter by Marla & David Baker; by Diane Crouse & Oliver Javanpour; by Myrna & Normna Barwin; by Marcia & Barry Cantor; by Lisa & Fred Cogan; by Jane & Martin Gordon; by Norean Taller-Harris; by Susan & Charlie Schwartzman; by Barbara & Jeffrey Farber; by Gladys & John Greenberg; by Rabbi Zischa & Lauren Shaps; by Roz Taller; by Aviva & Seymour Diener; by Karen & Ian Zunder

Lawrence Wall; Murray Wall in memory of your father by Mario & Miriam Burke; by Jonathan & Lois Calof; by Peter & Minda Wershof

Erna Wallace in memory of Dean Burrige by Susan Kelly

The Yazer family in memory of Brendon Yazer by Carol & Laurie Pascoe

Andrea Yeatman in memory of Dale Eleanor Hutchin by Barbie Shore

Wishing Speedy Recovery/

Return to Good Health/Refuah Shleima to:

Margo Blostein by Marcia & Barry Cantor

Rabbi Dr. Reuven P. Bulka by Marcia & Barry Cantor; by Diane Crouse & Oliver Javanpour; by Ellen & Ray Fathi; by Susan & Charlie Schwartzman

Dan Greenberg by Marla & David Baker; by Margo & Alan Blostein

Harry Gross by Sandra Marchello

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Brian Pearl by Harold & Rosalie Schwartz

Eric Rosner by Elly & Al Bruner

Steve Shapransky by Sandra Marchello

Merle Taube by Brian & Rochelle Pearl

Ruth Viner by Gail & Stephen Victor

Lorna Yufe by Howard & Donna Strauss

In Honour of:

Martina Acres on your birthday by Barbara Greenberg & Barry Bokhaut

Mrs. Hebe Aver on your 90th birthday by Marvin & Reta Avery

Stella & Norman Beck on your anniversary by Sheila & Yaffa Beck

Lorraine & David Berk on your special anniversary in your new home by Margo & David Kardish

Jack & Michelle Bottner with thanks & appreciation by Seymour, Joy & Jared Mender

Paul Bowering on your special birthday by Barbara Greenberg & Barry Bokhaut

Arnie & Paula Dubrow on the birth of your first great grandson by Dale & Ruth Fyman

Sam Gelman on your birthday by Barbara Greenberg & Barry Bokhaut

Sid and Fran Gershberg on the occasion of Jeremy's engagement by Dale & Ruth Fyman

Fern & Barry Groll on the marriage of Lauren & Dani by Ellen & Dwayne Wright

Stan Katz on your special birthday by Gail & Stephen Victor

Roweena Keab on your special birthday by Rochelle & Brian Pearl

Laraine & Victor Kaminsky on your 45th wedding anniversary by Barbara & Len Farber

Esther & Irving Kulik with thanks & appreciation by Marion Silver & Alan Brass

Sherwyn Lyman on your special birthday by Barbara Greenberg & Barry Bokhaut

Aaron Rigal on your Bar Mitzvah by Granny Elizabeth Rigal

Lindsey Rubin on achieving Gold level in Girl Scouts by Dale & Ruth Fyman

Carol Segal on your special birthday by Sandra Marchello

Sonia & Sheldon Shaffer on your 66th wedding anniversary by Norma and Phil Lazear

Madeleine Thornton Sherwood on your 90th birthday by Chloe Fox

Mr. & Mrs. David Silverman on your wedding anniversary by Michael, Debbie & Victoria Silverman

Anna Stypulkowski on your 90th birthday by Jonathan & Janet Isserlin

Valerie Terkel on your special birthday by Magda & Peter Benedek; by Myra & Maurice Borts; by Esther & Irving Kulik; by Maxine & Arthur Rabinovitch; by Ketty & Morris Samel; by Sheila & Steve Senman; by Rosa & Peter Stone; by Eva & Ron Weissberger

Susan Weisman on your birthday by Marie & Howard Levine

Carolyn Weiss on your special birthday by Sandy Marchello

Kenneth Wright on your 50th birthday by Marie & Howard Levine

Mazal Tov To:

Myra & Lester Aronson on your son's engagement by Gail & Stephen Victor

Dr. & Mrs. Alfred Bader on the Bar Mitzvah of your grandson by Bert & Sophie Koenig

David & Toby Brooks on achieving your Ph.D. by Fern Goldman

Dr. Yosef & Deborah Caytak on the marriage of your children by Ian & Estelle Melzer

Barbara Farber on being a recipient of the Queen's Diamond Jubilee Medal by Laraine & Victor Kaminsky

Sam Firestone on your special birthday by Paul & Sharon Finn

Dr. Jonathan Gray & Dr. Rachel Sheffrin on the birth of your son by Diane Koven

Elizabeth & Michael Graziano on your son Ethan's Bar Mitzvah by Marla & David Baker; by Renee Karpman & Seymour Foreman; by Elana Karpman

Gladys Greenberg on your special birthday by Diane Crouse & Oliver Javanpour; by Susan & Charlie Schwartzman

Vivian and Justin Hartzman on your marriage by Diane Koven

Marion & Jack Hoffman on your golden anniversary by Lara, Nina, Becca & Eva Esrock

David & Judy Kalin on your granddaughter Hannah's Bat Mitzvah by Steven & Elizabeth Rubin

Joy & David Kardish on the birth of your granddaughter by Marcia & Barry Cantor

Daniel Lengler on your Bar Mitzvah by Linda & Allan Sand

Berta & Ian Leoneanu on the birth of your daughter by Sheryl Kardish

Jaime Jaye Levine on your Bat Mitzvah by Shelley Coussin; by the Wakter family

Michael & Andrea Malek on the Bar Mitzvah of your son Noah & the Bat Mitzvah of your daughter Jessica by Aviva & Leo Lightstone

Maureen Molot on being a recipient of the Queen's Diamond Jubilee Medal by Steven & Elizabeth Rubin

Ellen Osterer on the birth of your grandson Jack Smith by Diane Koven

Marti Plaine on your special birthday by Fern Goldman

Rony Podolsky on your son Tom's Bar Mitzvah by Liba Bernbaum

Jon Rabinowitz on your birthday by Ed & Janice Fine

Shelley Rothman on the birth of your granddaughter Hannah Sadie by Carol & Laurie Pascoe; by Susan & Charles Schwartzman

Helen & Sol Silverman on your 67th wedding anniversary by Marilyn Binder

David Smith on your special birthday by Norm & Myrna Barwin

Sunny and John Tavel on the birth of your grandson Noah Charles by Gail & Stephen Victor; by Marla & David Baker; by Myrna & Norman Barwin; by Felice & Jeff Pleet; by Margo & Alan Blostein

Minda & Peter Wershof on the birth of your grandson Aviv Yonah by Carol & Laurie Pascoe; by Estelle & Ian Melzer

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JNF thanks you for your generous contribution.

Please accept our apologies if we misspelled or omitted anyone's name or contribution.



NCSY Purim

Some of the more than 40 students at the Ol' Fashion Purim Carnival, February 23, at the NCSY Teen Centre in Centreponte.



Agudath Israel Purim

Agudath Israel Congregation hosted a fun family carnival, February 24, in celebration of Purim.



Creative Connections Purim

Members of Creative Connections at the group's Purim party, February 19, at the Soloway JCC.

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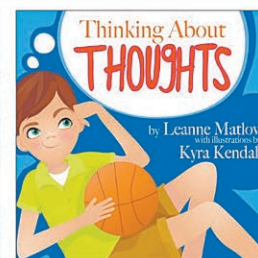
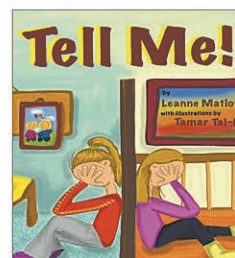
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**SUNDAY, APRIL 14, author LEANNE MATLOW
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*Learn new skills that can help you recognize the signs of anxiety
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Happy Passover

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Weizmann Institute bone specialist Elazar Zelzer to speak in Ottawa

**By Sharon Letovsky
for Weizmann Canada**

Shoppers Drug Mart and Weizmann Canada have joined forces to create the *Shoppers Drug Mart Women's Health Learning Series*.

"We are fortunate to have such a well-established Canadian brand associated with wellness and health supporting Weizmann," said Susan Stern, Weizmann Canada's national executive vice-president.

"We are looking forward to spreading Weizmann's message of 'Science for the Benefit of Humanity' throughout April in seven Canadian cities. The series will feature Weizmann scientists, local clinicians and pharmacists."

Ottawa is one of the seven cities.

The Ottawa event on April 18 will feature Weizmann scientist Elazar Zelzer, principal investigator in the Department of Molecular Genetics. The series will focus on overall bone health at different ages and stages, including diet and exercise, and enlighten us about some of the genetic factors being discovered. Zelzer will tell us about the research, while local experts address lifestyle factors.

The presenters will focus on three key elements.

First, what are the origins of osteoporosis? How much do these origins have to do with genetics or early development as opposed to current behavioural or lifestyle practices?

Second, the experts will pose the question and discuss, "What do we need to know about osteoporosis?" Is it about more than bones and, if so, how do bones interact with other systems in the body?

Third, Zelzer will focus on what current research is telling us and what to expect. He will give us a preview of what is in the pipeline.

Born in Tel Aviv, Zelzer earned his BSc in biology in 1992 and his MSc in immunology in 1994, both from Ben-Gurion University.

He received a PhD in molecular genetics from the Weizmann Institute in 1999 and did his post-doctoral research at Harvard Medical School. Zelzer joined the Weizmann Institute in 2004.

The main focus of Zelzer's research is skeletogenesis, the process of skeleton formation. Skeleton development is an important field of research

for two main reasons.

First, it is a central organ system associated with a large variety of congenital diseases and malformations. Shedding more light on its embryonic development may improve our ability to treat and prevent these conditions.

Second, skeletogenesis involves extensive and intricate interactions with neighbouring tissues such as muscles, tendons and blood vessels. This makes the skeleton an excellent model system for studying co-ordination and synchronization, the regulatory cross-talk between different types of cells and tissues.

Zelzer and local specialists with the *Shoppers Drug Mart Women's Health Learning Series* Canadian tour will be speaking in the Centrepointhe Theatre Studio at Ben Franklin Place on Thursday, April 18 at 7:30 pm with a dessert reception to follow.

For more information or to reserve a seat, contact Alexa Azran at alexa@weizmann.ca or 613-236-3391.

You can also reserve online at weizmann.ca/shoppers. The minimum donation is \$18.

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Visit our web site: www.hillellodge.ca



THE BESS AND MOE GREENBERG FAMILY
Hillel Lodge
THE JOSEPH AND INEZ ZELIKOVITZ
LONG TERM CARE CENTRE

Life at the Lodge

Ministry rule changes mean less funding for rehab

Hillel Lodge has a well-earned reputation in the long-term care community for innovation, compassion and raising the bar of resident care. Many unique services contribute to that glowing reputation, perhaps none more so than the rehabilitation and therapeutics program that serves to improve muscular function and reduce pain, making a difference in the resident's quality of life.

Unfortunately, however, recent policy changes at Ontario Ministry of Health and Long-term Care (MOHLTC) are putting this vital service to residents at risk.

When determining operational funding levels for long-term care facilities, the Ministry uses a statistical tool called the Case Mix Index (CMI) to measure the level of service provided to eligible residents in need. The level of attention paid to residents in the area of rehabilitation has distinguished Hillel Lodge and, in fact, placed it in the top 10 per cent of CMI results in the province. This has always been a great source of pride to the Lodge and, in practical terms, has yielded significant additional funding from the Ministry.

This year, however, the Ministry has decided to cap the CMI credit for so-called "special rehabilitation" and therapeutic services to five per cent of all residents. This is a decision with significant ramifications for Hillel Lodge, since nearly 80 per cent of our residents receive rehabilitation treatment. In the current fiscal year alone, this change could cost the Lodge nearly \$190,000.

Since receiving the news, Lodge management has been working

diligently to prepare a strategy to cope with the reduced funding, while doing all it can to minimize adverse effects or disruption of service.

One of those busy staff is the Coordinator of Therapeutics, Jackie Lyons, Registered Occupational Therapist. This department is part of the Social Work, Program and Support Services area. Jackie relayed how the funding cutbacks will, on a temporary basis, affect the staffing of the Therapeutics program. The work of the Family Physio staff, contracted to work at the Lodge, is not affected by the new policy.

Jackie reports that the Lodge prides itself on an excellent integrated team approach to best serve the residents. Staff assess the needs of each resident, and implement the appropriate therapeutic program. Also a staple of the work is the attention to all of the mobility equipment, such as wheelchairs and walkers. At this time, the department is operating with one less restorative care staff. In order to cope with this reduction, they have had to reduce the frequency of services to a number of residents and withdraw from assisting with feeding some residents during the noon meal.

Jackie wants to reassure families that she and her colleagues continue to do their best efforts to deliver the high level of care residents and families are accustomed to, as they grapple with the impact of government cuts. In the past, families and supporters have contributed to the Therapeutics Program. Support is needed now more than ever.



Provincial policy changes could affect nearly 80% of Hillel Lodge residents.



The level of attention paid to residents in rehabilitation has distinguished Hillel Lodge.

If you want to make a difference in people's lives (including your own), give volunteering at Hillel Lodge a try. The time commitment can range from a few hours per month to regular weekly or bi-weekly visits. To become a volunteer, please contact Marilyn Adler, our Manager of Recreation and Volunteer Programs.

Hillel Lodge is proud of the quality care we provide to our residents. Donations to the Lodge can be made in several ways: by going to our web site at www.hillellodge.ca; contacting the Long-Term Care Foundation at (613) 728-3900 extension 111; or e-mailing us at donations@hillel-ltc.com

Souk’s vendors have no time for American-style food

(Continued from page 21)

some onion. What comes out is the Israeli staple snack hummus ful, or bean hummus.

“It’s made from a natural process without any chemicals,” said Dror Zaidenberg, noting that hummus helps reduce fat and high blood pressure. “Jews and Arabs have been eating it for 5,000 years. Our day-to-day movement is better.”

But even hummus is too unnatural for Yossi, who said that his dietary staple is one of hummus’ core supplements, tahini, the sesame paste he calls “the original material, the most natural and the healthiest.”

American cuisine has had a growing presence in Israel over the past few decades. At the market’s entrance is a large Burger Ranch,

Israel’s answer to McDonald’s. If you prefer the original article, there’s a McDonald’s less than a mile away on Rothschild Boulevard. Greasy pizza is ubiquitous here, too, and french fries are a common add-on to falafel.

“Israelis aren’t influenced by American food,” Zaidenberg said, though he admits, “We sin sometimes.”

Other grocers in the souk also claim not to feel threatened by the encroachment of American fare. And they’re not shy about insulting its enthusiasts.

“They don’t know how to eat,” Tubi said. “They just have sandwiches and steak.”

For Tubi, a Yemenite Jew, Americans are hardly the only poor eaters. Ashkenazi Israelis, he says,

are just as bad. “Ashkenazim are spoiled,” he said. “They don’t know how to cook, so they go to restaurants.”

Tubi says the superior eating habits of Middle Eastern Jews have far-reaching implications. “Why is Eyal Golan the best singer?” Tubi said of the Israeli pop star of Moroccan and Yemenite descent. “Because he eats healthy food.”



Hillel Lodge

LONG-TERM CARE FOUNDATION

*In support
of the Bess and Moe
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Hillel Lodge
In the Joseph
and Inez Zelikovitz
Long Term Care Centre*

Card Donations

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 February 14 and 28, 2013** inclusive.

HONOUR FUNDS

Unlike a bequest or gift of life insurance, which are realized some time in the future, a named **Honour Fund** (i.e., endowment fund) is established during your lifetime.

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

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

Ruth and Irving Aaron Family Fund

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Moe Kardish by Ruth and Irving Aaron

In Honour of:
Steven and Rosalyn Fremeth Mazal tov on Robyn’s engagement to Joe by Ruth and Irving Aaron

Bill and Leona Adler Memorial Fund

In Memory of:
Helen Tafler Fleming by Marilyn Adler

Samuel and Jean Akerman Memorial Fund

In Memory of:
Helen Tafler Fleming by Sheila and Larry Hartman

Friedberg and Dale Families Fund

In Memory of:
Brother of David Smolkin by Elaine Friedberg and Bob Dale

Malcolm and Vera Glube Endowment Fund

In Memory of:
Helen Tafler Fleming by Malcolm and Vera Glube

In Honour of:
Liz and Allan Schwartz Congratulations on the birth of your new grandson by Malcolm and Vera Glube

Nell Gluck Memorial Fund

In Honour of:
David and Esther Kwavnick Mazal tov on the birth of your twin granddaughters by Henry and Maureen Molot

Israel and Devora Guttman Mazal tov on the birth of your grandson. We wish you much nachas from your little sabra by Henry and Maureen Molot.

In Memory of:
Beloved mother of Rabbi Finkelstein by Henry and Maureen Molot
David Cohen by Henry and Maureen Molot

Moe Greenberg and Elissa Greenberg Iny Fund

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Helen Tafler Fleming by Elissa and Avi Iny

Gunner Family Fund

In Memory of:
Helen Tafler Fleming by Sol and Estelle Gunner

Dorothy and Maurie Karp Endowment Fund

In Observance of the Yahrzeit of:
Maurie Karp by Harvey and Carol Goodman and family

Morris and Lillian Kimmel Family Fund

In Memory of:
Joel Dalva by the Kimmel, Kaiman and Levine families

In Honour of:
Barry Silverman Mazal Tov on the engagement of your daughter Stephanie. With all our love Brenda, Nathan, Jesse and Daniel Levine

Joan and Russell Kronick Family Fund

In Memory of:
Helen Tafler Fleming by Joan and Russell Kronick

In Honour of:
Sunny and John Tavel Congratulations on the birth of your new grandson by Joan and Russell Kronick

Max Lieff Endowment Fund

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In Honour of:
Shelley Rothman Mazal tov on Nina’s engagement to Eric Riz by Sue and Steve Rothman

Stephen and Debra Schneiderman Family Fund

In Honour of:
Deborah and Howard Krebs Congratulations on the birth of your granddaughter by Bunnie Cogan

Sarah and Arnie Swedler Family Fund

In Honour of:
Betty and Irwin Itzkovitch Mazal tov on your grandson Brett’s Bar Mitzvah by Rhoda Zaitlin and Arnie Swedler

Eric Weiner and Arlene Godfrey Family Fund

In Honour of:
Paul Weiner Happy birthday by Arlene Godfrey, Eric, Melissa and Laura Weiner

Feeding Fund
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Moe Kardish by Heidi and Steve Polowin
Joel Schaefer by Sharon, David, Ryan, Jaye and Brody Appotive
Helen Tafler Fleming by Dee and Yale Gaffen

In Honour of:
Roz and Steve Fremeth In honour of Robyn’s engagement by Sharon, David, Ryan, Jaye and Brody Appotive
Louis and Lysette Kohn In honour of Melissa’s engagement by Joy, Seymour, Jessie, David and Jared Mender
Betty and Jerry Caplan Mazal tov on Madelyn’s safe arrival by Carol and Larry Gradus

IN HONOUR OF:
Liz Schwartz In honour of your special birthday by Arlene and Norman Glube
Shelley Rothman Mazal to on your daughter Nina’s engagement by Steve and Roz Fremeth
Bess Swedlove We wish you a very happy birthday, Aunt Bess, by Freda Lithwick, Stanley & Claire, Larry & Denise, Elaine & Harris.

IN MEMORY OF:
Joel Schaefer by Danny, Rhonda, Sam, Zachary and Shelby Levine
Helen Tafler Fleming by the Residents, Board and Staff of Hillel Lodge; by Sylvia Monson; by Carole and Wally Cherun; by Steve and Roz Fremeth
Gisele Beaudin by Edith Landen
Milton Viner by Jeff Appotive; and by Sharon Appotive
Esther Roth by Arlene and Norman Glube
Mother of Esther Johnson by Gert Leyton and Cheryl Leyton
Moe Kardash by Sydney and Estelle Backman
Beloved Aunt of Ellen and Bill Izso and family by Reissa, Victor and Daniel Miron

R’FUAH SHLEMA:
Ellen Izso by Reissa, Victor and Daniel Miron

Thank you to Norma and David Freeman for the donation of a state-of-the-art hospital bed.

THE LODGE EXPRESSES ITS SINCERE APPRECIATION FOR YOUR KIND SUPPORT AND APOLOGIZES FOR ANY ERRORS OR OMISSIONS. DUE TO SPACE LIMITATIONS, THE WORDING APPEARING IN THE BULLETIN IS NOT NECESSARILY THE WORDING WHICH APPEARED ON THE CARD.

GIVING IS RECEIVING – ATTRACTIVE CARDS AVAILABLE FOR ALL OCCASIONS

Here’s a good opportunity to recognize an event or convey the appropriate sentiment to someone important to you and at the same time support the Lodge. Card orders may be given to Bev at 728-3900, extension 111, 8:30 a.m. to 4:30 p.m. Monday to Thursday, 8:30 a.m. to 3:30 p.m. Friday. You may also e-mail your orders to donations@hillel-ltc.com or on-line donations can be made through CanadaHelps.org. All orders must include name, address, postal code, and any message to person receiving the card; and, amount of donation, name, address and postal code of the person making the donation. Cards may be paid for by Visa, Mastercard, American Express, Cheque or Cash. Contributions are tax deductible.



OTC Purim

A mariachi band entertains at the Ottawa Torah Centre's Mexican Purim fiesta, February 24, at the Cedarhill Golf and Country Club.



OMJS Purim

The Ottawa Modern Jewish School celebrates Purim, February 24, at the Soloway JCC.

Happy Passover!

Chag Pesach Sameach!

From the Board and Staff
of the
Soloway Jewish Community Centre



בס"ד



Kashering for Passover

Sunday, March 17
7 to 8 pm

Bring metal pots and cutlery to be kashered.
They must be clean and unused for 24 hours.

Please bring items to be kashered to the lobby
of Hillel Lodge, 10 Nadonby Sachs Private.

This is a free service of the Ottawa Vaad HaKashrut.
Donations may be made to Hillel Lodge.

Be sure to check our full listing of things that can be kashered
by visiting www.ovhkosher.com or by calling
Rabbi Teitlebaum at the Ottawa Vaad HaKashrut at 613-255-5829

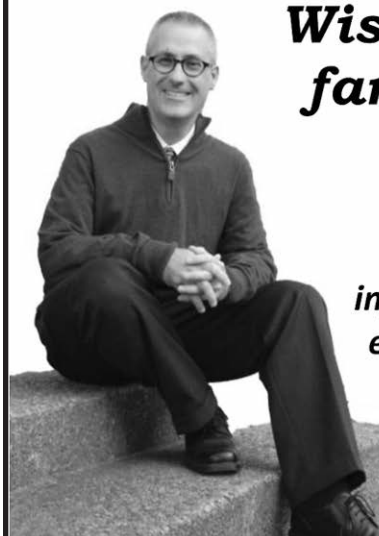
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Israeli TV series showcases life in an exotic Chabad house

Benjamin Netanyahu and Tzipi Livni making nice. Ehud Olmert talking about a comeback. Threats of the same old kind of dysfunctional coalition government that's guaranteed not to fix any of Israel's problems.

When the news from Israel sounds more like a cross between a soap opera and bad reality television, there's only one thing to do: Go to Kathmandu.

Yes, it's time to go to *YouTube* and check out *Kathmandu*, the Israeli TV series that's turned into a surprising hit. Surprising, because who'd have thought the antics of a pair of newlywed Chabad emissaries in Nepal could appeal to such a wide audience?

In fact, I rolled my eyes when I was first told to watch an episode for a Hebrew lesson. But it's addictive, and uniquely charming.

The 13-part series, which aired on Israel's Channel 2 last summer and is now available online, was inspired by the experiences of Chezki and Chani Lifshitz, the directors of

Chabad of Nepal. They went to Kathmandu as newlyweds 14 years ago and established a Chabad House under decidedly third-world circumstances.

Even today, the couple and their five children – four of whom were born in Nepal – face limited sanitation and clean water, regular power outages of up to 12 hours per day and frequent political upheavals.

But they host 300 guests at their Shabbat table every week, and run the largest Pesach seder in the world – 1,500 guests – at a Kathmandu hotel every year.

In the series, secular actors Michael Moshonov and Nitzan Levartovsky play Shmulik and Mushki, a newlywed couple who are about to depart for a Chabad posting in Brussels when a last-minute change of plans lands them in Kathmandu only days before Pesach.

Their luggage – including their stash of kosher food – is lost. The first hotel they stay at is a hovel. The taxi driver cheats them. And, when they finally reach the decrepit build-



My Israel

Barbara Crook

ing that is to be Chabad House, no one seems to know where the key is – prompting the overeager Shmulik to break in, landing the couple in jail.

Mushki is released because there is no female guard, but Shmulik is stuck there indefinitely until a hearing – or until a judge can be bribed.

Mushki has only hours to clean the filthy, debris-ridden house – either she's the best cleaner on earth or it's a Pesach miracle – and prepare the food for the young Israelis hanging out in Kathmandu.

This group of travellers includes obnoxious backpackers, a new ager, a stoner and a mysterious but charismatic Israeli who hates speaking Hebrew.

"I love the language," he tells Mushki. "I just don't always love the people who speak it," perhaps alluding to the reputation of Israeli tourists as somewhat boorish travellers.

Indeed, Mushki's guests at the first seder behave like newly released zoo animals, and her first Pesach in Nepal is a crushing disappointment – or is it? Let's just say it's a good thing she kept the door open for Eliyahu.

And so it goes, with the intrepid couple trying to build a new married life together while endeavouring to serve the many Israelis – 20,000 travel to Nepal every year – who appear to have taken over their house.

So, what's the appeal? On the simplest level, we want to know what happens next – especially now that *Downton Abbey* is over for another season. *Kathmandu* doesn't have the depth of *Srugim*, the brilliant Israeli TV series that wrapped up after three seasons, but the characters are compelling.

Like *Srugim*, it has plenty of comic moments, but it also works as a drama featuring many lost souls who gradually reveal their stories. And the relationship between Mushki and Shmulik is touching and rings true. A scene where they relive their first date is simply lovely, but we also see clashes of wills, as the tireless and practical Mushki often questions the optimism of her boyish husband.

And the Nepal setting is stunningly beautiful.

One thing it doesn't feel like is Chabad propaganda. The Chabad House scenes appear authentic – Chani Lifshitz's brother is the adviser on all things Chabad – but the couple's religious practice is only one part of the story, albeit an ideal starting point for cultural clashes, misunderstandings and misadventures.

Ironically, although the show is pretty tame by Israeli TV standards, Chezki Lifshitz told the *Jerusalem Post*, "It isn't recommended for a Chabadnik."

But, at a time when so much of the world sees Israelis only in terms of war and conflict – even Israel's two Oscar-nominated films this year were so politically charged that many Israelis literally celebrated the fact they didn't win – it's refreshing to see a different side of life.

There is a catch. There are no English subtitles on the YouTube episodes, and I can't yet find any versions with English subtitles. But a good chunk of each episode is in English. And even the Hebrew dialogue is subtitled in Hebrew, so with a lot of pausing, attention to context and a few leaps of faith, it's a pretty fun Hebrew lesson.

Here's the link to the first episode – tinyurl.com/Kathmandu-TV – which is the least interesting episode, but necessary to understand the series.

See you in Kathmandu!

Two important announcements for Jewish genealogists

As I've mentioned before, new sources of information for genealogists are constantly becoming available. Archives in Eastern Europe are increasingly more accessible to researchers, local genealogical societies around the world have new and ongoing database projects, and for-profit organizations such as *Ancestry.com* use their vast resources to find and film records to attract new business and maintain their existing customer base.

Serious genealogists are always eager to know what new materials are available. I have several sources that I use to get updates, the most important being free subscriptions to many of the 30 or so JewishGen Internet discussion forums. I belong mostly to regional groups relevant to my family such as those for Galicia, Ukraine and Bessarabia. Other categories exist for those with interests in specific topics such as DNA discussions or researching rabbinic ancestry. To subscribe, visit jewishgen.org and select "Discussion Groups" under the "Research" tab. You'll need to open a free account and can then select the groups you're interested in. You'll have the option of receiving emails either as they are posted or in a daily digest containing all of that day's postings. Each morning, I quickly skim through these emails, and save anything that might interest me, discarding the rest.

This past month, there were two major announcements that should have wide appeal to many of us here in Ottawa doing genealogy. The first was an announcement by Jewish Records Indexing (JRI) – Poland.

JRI-Poland is the most important resource for researching Jewish records from that country. Launched in 1995, its index of more than five million records from more than 550 towns where Jews lived in that country is now accessible at jri-poland.org. For those of us with Polish roots, it has been an invaluable source of information, and covers the period from the late 18th century until the early part of the 20th century. The February 15 press release announced the signing of a multi-year agreement between the Polish State Archives (PSA) and JRI-Poland. Under the terms of the deal, JRI-Poland will be able to rapidly expand its current online database of indices by adding an additional one million records



Connecting the Branches

John Diener

within the next year. Even more exciting, PSA will digitize records in more than 30 regional archives and place the images online for free through their national and regional archive websites. JRI-P will also be able to link search results from its site to the PSA's digital images, marking the first time that a non-profit organization will be able to link its results to vital records images provided by European archives.

All of this is taking place at the same time as the opening in April of the new Museum of the History of Polish Jews on the site of the former Warsaw Ghetto, coinciding with the 70th anniversary of the Warsaw Ghetto Uprising. This world class facility, which has been in the works for several years, and is funded by the Polish government and the city of Warsaw, will become a centre of information for visitors to Poland as well as for its residents. Poland has finally accepted the need to educate its citizens about the rich culture and 10 centuries of Jewish life, to portray the terrible events of the Holocaust and the years immediately following, as well as to showcase the modern revival of the Polish Jewish community. I am thrilled to be going to Warsaw for this historic event and will report on it after the upcoming trip. While in Vienna, and then in Poland and Ukraine, I will have the opportunity to do research in several archives as well as revisit some of my ancestral shtetlach.

The second major announcement was of JewishGen's creation of a Canadian Database. Containing nearly 250,000 records, it combines all of their Canadian records with additional databases from the Canadian Jewish Heritage Network. Included in these records are 168,000 Jewish burials in Canada, data from Yahrzeit plaques, 67,000 records from the Canadian Jewish Congress Archives, and more than 4,000 records from the Montreal Jewish General Hospital Archives. These records can be accessed at jewishgen.org/databases/Canada.

As always, the Jewish Genealogical Society of Ottawa is available to help you with your research. For information, to join the society, or for any questions regarding Jewish genealogy, contact us at jgsottawa@gmail.com.

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Many members pleased by Temple Israel's new policy on intermarriage

Temple Israel will soon become the first synagogue in Ottawa to conduct intermarriages. I recently spoke with Rabbi Steven Garten about the Reform congregation's policy shift.

He said he had been quite comfortable with Temple's stance against officiating at intermarriages.

"I believed that rabbis not officiating would be making a significant value statement about the preservation of Judaism." But he gradually "came to the conclusion that that premise was no longer true. After lots of research and lots of reading, I wasn't sure that if liberal Judaism was to survive, that that belief and policy was in the best interest of the Jewish people."

So, during a High Holiday sermon a couple of years ago, Rabbi Garten invited his congregation to begin a deliberative process on the issue.

These days, intermarriage is less likely to signal a conscious break from the values of one's heritage. Instead, it is an almost inevitable function of Jews now having been fully integrated into the wider society. As a result, Jewish institutions need to take a hard look at their practices.

Neither Conservative nor Orthodox rabbis perform intermarriages. But Rabbi Garten said that about half the Reform rabbis in the U.S. do. In Canada, he estimated, he's among only two or three rabbis who now do.

Why not simply encourage conversion?

"We do," Rabbi Garten said. "Every year, I end up converting people who have been in long-term marriages. I don't believe if you force people to convert for the sake of marriage ... that is as meaningful as the experience I've had with men and women who convert 15 to 20 years after the marriage. They want to be Jewish."

Temple Israel stipulates the non-Jewish partner cannot be practising another faith and the couple must pledge to create a Jewish home and participate in a six-session *Pathways to Jew-*



Values, Ethics, Community

Mira
Sucharov

ish Life course prior to the wedding. As with all weddings conducted by Temple, there are membership requirements as well.

I asked Lynne Oreck-Wener, a longtime Temple member, for her reaction.

"I'm extremely pleased. It shows me that we're inclusive, that we're engaging people from the outset," she said. "Why would we say you're not good enough to get married here, but we want you to engage with everything else?"

Karen Beiles has been a member for three years. She described "Temple Israel's long-standing commitment to inclusiveness" as leading to "affiliation for many families who otherwise would not ... be engaged in Jewish community life." The new policy, she said, "is a natural next step in strengthening Jewish identity within families that include a non-Jewish partner."

Critics might see the policy as a violation of the still widespread Jewish value of marrying within the faith – despite the soaring intermarriage rates occurring across North America. There is certainly some value to the idea of standards, particularly since Judaism is based on elaborate codes of conduct governing everything from the mundane to the moral.

But Rabbi Garten is similarly critical of some community standards that don't seem to reflect the authentic experience

and lifestyle of many.

For instance, he cites the problem of shuls that require that strict kashrut be observed at weddings. He sees this as potentially counterproductive.

"Shuls set up these policies, which they think express Jewish values, and [a given] young couple [may say] this doesn't express our values, and [the result is] they want to have nothing to do with the synagogue."

As Rabbi Garten's personal journey suggests, one should ask what, precisely, is the value that is being promoted? Is it in-marriage for its own sake, or in-marriage for the purpose of preserving Jewish communal life? If the latter is the goal, then new possibilities for inclusion may appear. Reform Judaism, not being bound to Halacha in the same kind of normative way as are more conservative denominations, is well placed to ask these questions.

Daisy Soderstrom has been part of the Temple community since she was a child. She calls the new policy a "very good decision," suggesting it will serve to keep more Jews within the Jewish community. Her own story is instructive.

"I married an atheist who was brought up Catholic. We were ... disappointed not to be married at the synagogue or by my rabbi, but found the Unitarian Congregation was happy to marry us," she said.

Their wedding involved various Jewish symbols including a chuppah, the shevah brachot and a ketubah pledging to create a Jewish home.

"I was more understanding of being denied by the synagogue for our wedding," Daisy continued. "But I remember how nice it was at the Unitarian Congregation and thinking 'If it doesn't work out for us as a family to stay with Judaism, we should definitely come here.'"

Mira Sucharov, an associate professor of political science at Carleton University, blogs at Haaretz.com.

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Canada needs a national innovation strategy

Passover plates are filled with symbolism that takes us far back in the Jewish past, but also prompts us to look ahead, to appreciate ways in which life changes and renews itself. In modern terms, renewal often comes in the form of innovation. We talk about the need to innovate more.

But what is innovation? According to *Wikipedia*, “Innovation is the development of new values through solutions that meet new needs.”

In 1997, the federal government created the Canada Foundation for Innovation (CFI) to provide grants and contributions in the hope of sparking innovation. CFI is supposed to build Canada’s capacity to undertake world-class research and technology development to benefit us and other people around the world.

Talking about a grant and contribution agency, we also need to mention the Canadian Institutes of Health Research, the government’s health research investment agency. There are also the Natural Sciences and Engineering Research Council of Canada and the Social Sciences and Humanities Research Council of Canada, federal research funding agencies that promote and support research and training.

These are but a sample of grants agencies with multi-million dollar budgets at the federal level. If we were to look at the provinces, the story would be similar. There are also provincial and federal tax credit programs for innovation and scientific research and experimental development.

While there seems to be a missing link between potential innovators and a lack of national innovation strategy, we have no such deficiency when it comes to supporting innovation in the developing world. The International Development Research Centre is very well known, not only in Canada, but, more importantly, internationally, for its great work. It helps developing countries use science and technology to find solutions to local problems. Here we have developed a concise plan and approach to igniting innovation in the developing world.



World Affairs

Oliver Javanpour

opment Research Centre is very well known, not only in Canada, but, more importantly, internationally, for its great work. It helps developing countries use science and technology to find solutions to local problems. Here we have developed a concise plan and approach to igniting innovation in the developing world.

This train of thought took me to Frans van Houten’s recent article on the World Economic Forum blog about growing spinach in skyscrapers. Van Houten is the CEO of Royal Philips Electronics, so his business has an interest in how governments see innovation. He raised an issue in his article, though, referring to a study done by his company that found “there is an appetite for future innovation that goes beyond creating technology for technology’s sake; the focus instead is on innovations that will make a difference in people’s everyday lives.” We need to focus more on moving research and innovation out of the academic and grant-recipient world and into the world that produces products and services that make a difference in people’s everyday lives.

I was also struck by a comment I read recently by Elizabeth Frankel, an Australian science writer who noted that Israel has many more people learning innovative agricultural techniques than her own country does and that it shows in Israel’s results. I don’t know how Canada stacks up in this regard, but I do know that focusing on achieving specific results tends to get you closer to where you want to go than the more diffuse approach Canada seems to take to innovation.

The World Economic Forum has designated Israel one of the leading countries in the world in technological innovation. It also ranked first in R&D investments, second in venture capital availability, and sixth for overall innovation. Canada ranked 11th. The notable nuance in this ranking is the size of the industries involved – in Israel the co-operation is normally with small start-up firms; in Canada it is with large multi-nationals.

Job creation should be the number one priority for federal and provincial governments. To do this the way Israel has done it, we need to develop a true national strategy around innovation. We can learn much from how this small nation treats its most valuable commodity: the bright people who populate its small businesses. Our two nations have a lot in common, including a large, educated population, high quality academic institutions and highly motivated entrepreneurs. Clearly, job creation depends on the entrepreneurial spirit found in small firms in Canada and innovation at this micro level is where Canada needs to focus more of its innovation investment and strategy.

Oliver Javanpour is CEO of Cyrus Echo, a public policy and international relations consulting firm in Ottawa.

Enough with the blame game; it’s time we became a fit nation

Big dreams start with an idea. They require commitment and determination in order to come to fruition. For example, Martin Luther King, Jr.’s dream of equality required an entire nation to undergo a lengthy and difficult process of change.

I have a dream. My dream is that one day every man, woman and child in Canada, if not the world, will be fit.

Such a dream has been pondered countless times by health and fitness professionals, government agencies, academics and authors. Still, I want to spread the message of this dream. If we read or hear it enough times, it will enter into our collective consciousness – and that’s when change begins.

As this dream becomes a reality, diseases caused by poor lifestyle will decline. Being fit doesn’t guarantee health or longevity, but it definitely reduces risk factors for many acute and chronic diseases and it improves quality of life. A 2004 Canadian-led study headed by Dr. Salim Yusuf found that more than 90 per cent of heart disease in adults of every geographic region and racial/ethnic group is attributable to nine modifiable risk factors: smoking, lipids, hypertension, diabetes, obesity, diet, physical activity, alcohol consumption and psychosocial factors.

How do you know if you’re fit? There are many measures of fitness, ranging from how fast you can run a mile to how many push ups you can do in a minute. No matter what shape you’re in, there’s always room for improvement. Fitness is a lifelong pursuit.

Why do the vast majority of Canadians – perhaps you’re one of them – fail to meet the minimum recommended amount of weekly exercise? Why are so many of us addicted to inactivity?

There are many theories as to why fitness has eluded so many people. One could blame our lack of fitness on technology. Until a few decades ago, we moved our bodies out of necessity. Now we sit and compute instead of standing and doing physical labour. We think of walking as exercise instead of as a way to get from here to there. From cell phones to remote controls, we have so many handheld devices that we no longer need to get up.

The information age has made the global knowledge base instantly accessible. With everything from dietary guidelines to exercise videos at our fingertips, you’d think we’d be in tip-top shape; yet, we are heavier than just a couple of generations ago. With texting, tweeting and Skyping, our vocabulary of physically passive verbs has expanded to match our waistlines.

Another theory is that we’re unfit because of marketing. We’re inundated with and brainwashed by advertising that’s shaped and skewed our cultural norms and values. From Internet ads to magazine articles, movies and television programs, we’re told what’s good and what’s important. We’re influenced by commercials that fool us into thinking sugar-laden cereals and Pop-Tarts are part of a balanced breakfast. We’re sold on processed shakes and bars as meal substitutes.



Focus on Fitness

Gloria Schwartz

We focus on instant gratification and dismiss or deny the health implications of our habits. It’s ironic that we live in a highly developed country yet eat so much processed food that we get diseases associated with poor nutrition.

We long to be like the beautiful people who live the glamorous life as depicted on those unrealistic reality shows. Sadly, the media is rife with lies, half-truths and intentional omissions.

There are many other theories as to why we are unfit. I think it’s time to stop making excuses. It’s time to stop blaming technology, marketing and other external factors. We need to be accountable for our individual decisions and actions. We must learn how to express more self-control and discipline. We need to make smarter choices.

We need to go beyond squeezing in workouts. We need to change our mindset and embrace fitness as a way of life. You never wake up and ask yourself if you should brush your teeth today. You brush your teeth because you know it’s good for you and because you know you’d feel gross if you didn’t. Think of exercise the same way. Do something active every day. To be fit in mind, body and spirit, you need to commit to daily physical activities and frequent motion, stress reduction and overall healthy eating.

In January, I appeared on CBC’s *Marketplace* television show. The segment gave me the opportunity to spread my message to viewers across Canada: If each of us is open to making a few small changes to our lifestyle, then together we can evolve into a fit nation.

Gloria Schwartz is a certified personal trainer at the Soloway JCC.

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Roasted chicken soup with perfect matzo balls

It just occurred to me that in the 10 years I have been writing this column, I have never discussed matzo balls – a kind of shocking admission from the food columnist of a Jewish publication! Not quite sure how that oversight happened, but I intend to rectify it immediately.

Of course, no discussion about matzo balls would be complete without considering chicken soup. I did publish a recipe for chicken soup in 2003. However, since that time, I have discovered an even more flavourful chicken soup method. It involves roasting the bones before making the chicken stock.

To make a good chicken soup is not difficult. However, it does take some time. Luckily, chicken soup freezes beautifully, so you can make this ahead of time and pull it out to defrost for the seder meal.

There are only two things you need to know to make good chicken soup.

The first is that you must use homemade chicken stock, not water, as the liquid. The second is that you must allow enough time to chill the soup, after cooking, so that all the fat can be removed. If you follow these two rules, you will have wonderful chicken soup.

Chicken stock is a mystery to many people. Exactly what is it and how is it made? Stock is simply chicken bones, simmered in water with aromatic vegetables – typi-



Made with Love

Cindy Feingold

cally, carrots, onion and celery – until the bones have given every ounce of their flavour to the liquid. This usually takes about two to three hours. Then you take this flavourful liquid, add some fresh bones and vegetables and simmer for a further two hours to get chicken soup.

I have recently discovered roasted chicken stock. Before throwing the chicken bones and vegetables into the pot with some water, you roast them in a hot oven for about 45 minutes until they are deeply browned. Then you simmer these browned bones and vegetables with water for about two hours. This gives you a stock with much greater depth of flavour. It is rich, dark and delicious and makes a killer chicken soup.

Now, on to the matzo balls – here are my golden rules for making perfectly fluffy matzo balls. I have tried many different recipes and techniques over the years, and the best

recipe comes from the Manischewitz box, but with a few adaptations.

After you make your chicken soup and chill it, there will be a layer of fat sitting on top. Do not throw it away! Scrape off the fat layer and use some of it in the matzo balls instead of vegetable oil. I know that some of you are already having heart attacks in advance of even eating this, but Passover comes only once a year, and you will actually only be eating one little matzoh ball, so the chicken fat will not kill you. It adds such flavour and tenderness to the matzo balls, you will be amazed.

The recipe on the box instructs you to chill the batter for 30 minutes. Ignore the box and chill it overnight. If you leave the mixture overnight, the matzo meal absorbs more moisture, holds together better and cooks more evenly.

When forming the matzo balls, wet your hands and gently toss the balls from palm to palm to form the balls. The size you make them is up to you. I like to make them about 1 tablespoon in size. They will swell in the liquid as they cook.

Do not cook the matzo balls in the chicken soup! It will make your chicken soup cloudy. Cook the matzoh balls in **heavily salted** water. The water should taste like the ocean. As the matzo balls cook, they absorb the cooking water. If you start with unsalted or just lightly salted water, you will have bland matzo balls. And that would make me very sad!

Gently simmer, do not boil the matzo balls. Cook them in a shallow wide pot, rather than a tall narrow pot, so they will have room to swell. Cover the pot, so they will cook more evenly. If your matzo balls are large, it could take up to an hour. You will know they are done when you slice one open and it is the same colour all the way through. After cooking, remove with a slotted spoon and set in a single layer on a baking sheet. They can be wrapped and stored in the fridge for up to three days. Rewarm them in the chicken soup, before serving.

Roasted Chicken Stock

- 4 pounds raw chicken bones (backs, feet, ribs, wings, necks), rinsed under cold running water, patted dry
- 2 tablespoons vegetable oil
- 2 large onions, chopped
- 2 large carrots, chopped
- 2 stalks celery, chopped
- 1 leek, cleaned well and chopped
- 2 to 3 sprigs fresh thyme
- 8 to 10 whole peppercorns
- 3 bay leaves
- 16 cups cold water

Preheat oven to 425 F.

Add 1 tablespoon vegetable oil to large roasting pan. Add bones and roast on the lower rack of oven until deep golden brown, about 40-45 minutes. Stir often to ensure even browning.

While bones are roasting, get vegetables ready for

roasting. On a large baking sheet, mix remaining tablespoon of oil with onions, carrots, celery and leek. Spread out vegetables in a single layer and roast in oven until brown, about 30 minutes.

Transfer bones to an 8-quart stockpot. Add 16 cups cold water and bring to a boil. As soon as the water comes to a boil, turn down the heat to low, skim off the scum that floats on top. Add the roasted vegetables, thyme, peppercorns and bay leaves.

Simmer stock very gently, uncovered, for 2 hours. The liquid should barely bubble; if the stock boils, it will be cloudy. And don't stir it or push down on the bones – that will make it cloudy too.

Strain liquid through a cheesecloth-lined strainer and discard all the vegetables and bones. Refrigerate stock and remove layer of fat from the top. Use stock as needed, or freeze in small containers for a later use. Stock keeps well in the freezer for 4 months.

Chicken Soup

Serves 6-8

- 12 cups roasted chicken stock (recipe above)
- 1 whole chicken, cut into 8 pieces
- 4 pounds chicken bones
- 2 medium onions, peeled and quartered
- 2 large parsnips, peeled and cut into 2 inch lengths
- 4 large carrots, peeled and cut into 2 inch lengths
- 2 celery stalks (with leaves), cut into 2 inch lengths
- 2 parsley stems (not the leaves)
- 10 black whole peppercorns
- 2 dried bay leaves
- Salt and black pepper to taste
- Cooked matzo balls (recipe at right)
- Fresh parsley or dill for garnish

Pour chicken stock into a large stockpot. Add chicken bones and whole cut up chicken and bring to a boil. Turn the heat down to low and, using a slotted spoon, skim off the foam that has risen to the top. Add vegetables, bay leaf, parsley stems and whole peppercorns. Partially

cover pot with lid, so that some steam can escape.

After 45 minutes, remove only the chicken breasts and thighs and set aside to cool. I like to remove them at this point so that they do not overcook.

Let soup simmer for a further 75 minutes.

Strain the soup in a cheesecloth-lined strainer and transfer it to a clean pot. I love the flavour of the cooked carrots, so I always save them to serve in the soup. Using 2 forks, remove skin and bones from chicken breasts and thighs and shred the meat into bite sized pieces. Discard all bones and other vegetables.

Put reserved carrots and shredded chicken into a covered container in the fridge. Let pot of strained soup sit on the counter until cooled a little bit. Cover pot and chill in fridge overnight. The next day, remove layer of hardened fat off the top. Save it if you are making matzo balls.

Bring cold soup to a boil. Turn down heat and reserved carrots and chicken, cooked matzo balls and simmer for about 5 minutes.

Add salt and pepper to taste. Sprinkle with fresh parsley and/or dill.

Perfect Matzo Balls

Makes 12

Recipe adapted from the Manischewitz Matzo Meal box.

- 2 large eggs
- 1 teaspoon kosher salt
- 1/2 cup matzo meal
- 2 tablespoons water or chicken stock
- 2 tablespoons chicken fat (schmaltz), melted and slightly cooled
- 2 tablespoons kosher salt (for cooking water)

In a medium-sized bowl, beat eggs with salt. Whisk in matzo meal and water or chicken stock. Mix in chicken fat. Cover batter with plastic wrap and chill in fridge overnight.

Bring a large wide pot of water to a boil. Add 2 tablespoons kosher salt to water.

Form matzo balls: wet your hands and roll a generous tablespoon of dough between your palms to form a ball about 1 1/2 inches in diameter.

Add matzo balls to water. Turn down heat to a simmer. Cover pot and cook for about 45 minutes to an hour.

To check if matzo balls are done, remove one from the pot and cut it in half. It should be the same colour all the way through. If not, continue cooking for a few more minutes.

Drain matzo balls.

The matzo balls can be made up to 3 days ahead. Store them in a single layer on a baking sheet and cover with plastic wrap and refrigerate.

Lichtenberg's liturgical songs honour the memories of lost Jewish communities

Songs for the Breathing Walls
Lenka Lichtenberg
lenkalichtenberg.com

In 2009, Lenka Lichtenberg, a Toronto-based singer and composer and daughter of a Holocaust survivor who grew up in Prague before coming to Canada as a young adult, performed concerts at two synagogues in the Czech Republic.

Reflecting on the experience, she decided to record an album of settings of Jewish liturgical material at 12 different synagogues – some of them restored as synagogues or museums of Jewish life, some of them derelict – throughout the Czech and Moravian areas whose Jewish populations were decimated by the Holocaust.

The result is the deeply moving *Songs for the Breathing Walls* – the “breathing walls” being the synagogues themselves still retaining something of the thousands of Jews who prayed there over the generations. As a result of the differing acoustics of the various synagogues, and the individualized settings and arrangements created for each piece, all of the tracks are unique unto themselves, but simultaneously part of the whole.

While the spirituality of every selection can be felt, perhaps the most moving piece is the version of “El Maley Rachamim” recorded in what was a hidden synagogue in the Theresienstadt concentration camp where Lichtenberg’s



mother and grandmother spent much of the Second World War.

The CD package comes with a beautiful booklet with photos of the synagogues and notes about their history, as well as information about each of the selections. The album is a very special achievement.

For her work on *Songs for the Breathing Walls*, Lichtenberg was honoured as traditional singer of the year at the Canadian Folk Music Awards in November.

Voices from the Other Side
Sandy Cash
sandycash.com

Singer and songwriter Sandy Cash has an interesting back story. In the 1980s, the Detroit-born artist was a Jewish Studies major at Yale University who thought she might become a Conservative or Reform rabbi. However, she embraced Orthodoxy, gave up her rabbinical ambitions and moved to Israel where she married, started a family and pursued a career in musical theatre and, eventually, as a folksinger.

The 11 songs on *Voices from the Other Side* range from the poignant to the hilarious and include several commentaries on contemporary Israeli realities. “Song of Zion” is a response to those who would delegitimize the State of Israel, while “Freeze Frame Truth” captures a moment at a West Bank checkpoint through the eyes of a 19-year-old Israeli soldier, who would much rather be travelling or starting university than searching a Palestinian woman’s car for explosives, and the Palestinian woman herself who is sub-



Music

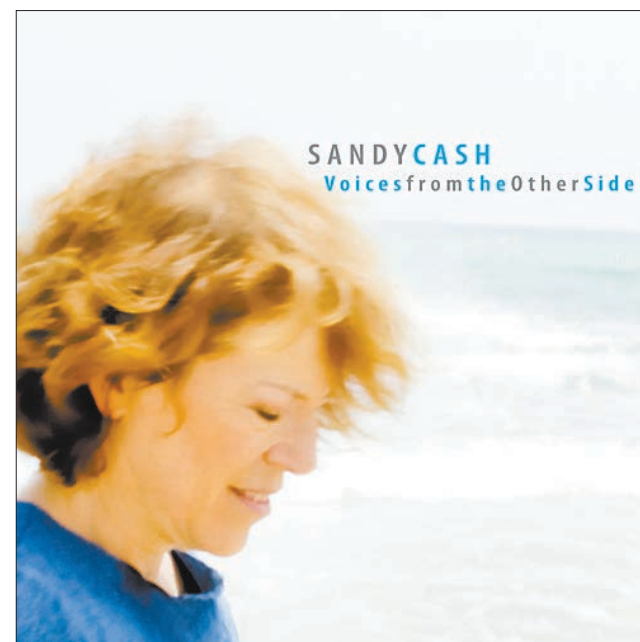
Michael
Regenstreif

jected to the search. Cash portrays both sympathetically while recalling the suicide terrorist attacks that led to the establishment of such checkpoints.

One of the more poignant songs is “Gilad’s Guitar,” an adaptation of a song called “Mom’s Guitar” by Stuart Kabak, which pays tribute to the power of song and of passing music on from one generation to the next. The guitar Cash plays was once owned by a cousin of her husband, named Gilad, who perished as a soldier in the Yom Kippur War in 1973.

Perhaps the album’s most affecting song is Cash’s version of Kabak’s “Numbers,” which describes an emotional encounter with an elderly Holocaust survivor.

Among the more humorous songs are “Free Food Bar,” about a mother’s desire to fulfil the varied menu demands of her children – one’s a vegetarian, another can’t stand veggies, a third likes everything done fancy, while a fourth just eats corn flakes – and Deirdre Flint’s witty “Bridesmaid’s Dress Song,” about the horrible, expensive, never-to-be-worn-again creations so many bridesmaids are forced to wear.



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SHIRLEY AND SHIER BERMAN FUND FOR OTTAWA JEWISH ARCHIVES

In Honour of:

Eric Vernon on receiving a well-deserved
honour by Shirley and Shier Berman.

In Memory of:

Moe Kardish by Shirley and Shier Berman.

HILLEL ACADEMY ENDOWMENT FUND

Condolences to:

Rabbi Finkelstein on the loss of his dear
mother by the Sabloff family.

Ruth Leibovich on the loss of her dear fa-
ther by the Sabloff family.

OTTAWA JEWISH COMMUNITY ENDOWMENT FUND

Mazal Tov to:

Bev Mitelman on being awarded the Queen
Elizabeth II Diamond Jubilee Medal Award,
and birthday wishes by Jackie and David
Lyman.

SOLOWAY JEWISH COMMUNITY SUMMER CAMP SCHOLARSHIP FUND

Birthday Wishes to:

Miriam Felman by Jackie, David, Rachel
and Zev Lyman.

AJA 50+ ENDOWMENT FUND

AJA 50+ DAVID SMITH OTTAWA JEWISH COMMUNITY SCHOOL SCHOLARSHIP FUND

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The Board of Directors of the Ottawa Jewish Community Foundation acknowledges with thanks contributions to the fol- lowing funds as of February 25, 2013.

ABELSON FAMILY ENDOWMENT FUND

In Appreciation to:

Margo and David Kardish by Al Abelson and
Tracey Kronick.

In Memory of:

Beatrice Hock by Lois and Bob Abelson.
Eleanor Weiner by Al Abelson and Tracey
Kronick.

ROSE AND LOUIS ACHBAR MEMORIAL FUND

R'fuah Sh'leimah to:

Dr. Marvin Silverman by Zelda Freedman.

IRVING AND BETTY ALTMAN ENDOWMENT FUND

In Memory of:

Moe Kardish by Betty Altman and family.

APPOTIVE FAMILY ENDOWMENT FUND

Mazal Tov to:

Howard and Sharron Appotive on the birth of
their granddaughter, Hunter, by Gloria and Dan
Zwicker and family.

CAYLA AND MICHAEL BAYLIN ENDOWMENT FUND

In Memory of:

Sandy Eisen by Cayla and Michael Baylin.
Helen Fleming by Cayla and Michael Baylin.
Beatrice Hock by Cayla and Michael Baylin.
Moe Kardish by Cayla and Michael Baylin.
Senator Laurier LaPierre by Cayla and
Michael Baylin.

Rose Taylor by Cayla and Michael Baylin.

IRVING AND ESTHER BELLMAN MEMORIAL FUND

In Memory of:

Arthur Buckspan by Joyce and Seymour
Bellman.

Leonard Sabloff by Mitchell Bellman and
Nicola Hamer; and by Joyce and Seymour
Bellman.

Condolences to:

Rabbi Howard and Mrs. Rivka Finkelstein on
the loss of their dear mother, Adelaide, by
Mitchell Bellman and Nicola Hamer.

DAVID AND QUEENIE COHEN MEMORIAL FUND

In Observance of the Yahrzeit of:

Queenie Cohen, a dear mother, by David and
Judith Kalin.

SANDI AND EDDY COOK ENDOWMENT FUND

Anniversary Wishes to:

Kathy and Kerri Robertson by Sandi and
Eddy Cook and family.

Birthday Wishes to:

Sylviane Borenstein by Sandi and Eddy Cook
and family.

In Memory of:

Helen Fleming by Sandi and Eddy Cook and
family.

Mazal Tov to:

Shelley Rothman on the engagement of her
daughter, Nina to Eric, by Sandi and Eddy Cook
and family.

COOPERMAN-SHUSTER FAMILY FUND

In Memory of:

Naomi Bulka by Earl and Bruria Cooperman.

HOWARD HERZL GOLDBERG MEMORIAL FUND

R'fuah Sh'leimah to:

David Bercovitch by Helene, Shawn, Chaim
and Aaron Goldberg.

ZELDA AND JOHN GREENBERG ENDOWMENT FUND

In Observance of the Yahrzeit of:

John Greenberg, a dear father, by Margot
Greenberg.

Zelda Greenberg, a dear mother, by Margot
Greenberg.

MOE AND ESTHER KARDISH ENDOWMENT FUND

In Memory of:

Moe Kardish by Louis, Muriel and Rachel
Kardish; by Ellen, Marty and Sharon Cardash;
by Edie Landau; by the Partners at Ginsberg,
Gluzman, Fage and Levitz; by Erica Bregman;
by Bram and Chani Bregman; by Rabbi Meir,
Jordy and Zev Lipschitz; by Renee Rapoport;
and by Ann-Lynn, David, Diana and Lauren
Rapoport.

SAMUEL AND TILLIE KARDISH MEMORIAL FUND

In Memory of:

Moe Kardish by Joy and David Kardish; and
by Anne Monson.

Muriel F. Wall by Cheryl, Brian, Elana, Tyler
and Ian Kardish.

LIBBY AND STAN KATZ FAMILY COMMUNITY ENDOWMENT FUND

Birthday Wishes to:

Stan Katz by Elissa and Avraham Iny.

ARTHUR AND SARAH KIMMEL MEMORIAL FUND

Mazal Tov to:

Dan Shapiro on receiving the Queen
Elizabeth II Diamond Jubilee Medal Award by
Roslyn and Arnie Kimmel and family.

Stephen Victor on receiving the Queen
Elizabeth II Diamond Jubilee Medal Award by
Roslyn and Arnie Kimmel and family.

In Memory of:

Nathan Hennick by Roslyn and Arnie
Kimmel.

Birthday Wishes to:

Adrienne Heiman by Roslyn and Arnie
Kimmel.

NORMAN AND SONIA KIZELL FOUNDATION

In Memory of:

Beatrice Hock by Gita Kizell Pearl.

RIVA AND ABRAHAM KROLL MEMORIAL FUND

In Observance of the Yahrzeit of:

Riva Kroll by Harvey and Yvonne Lithwick.

RON AND RUTH LEVITAN ENDOWMENT FUND

In Memory of:

Nat Hennick by Ron and Ruth Levitan.

SAMUEL AND LEEMA MAGIDSON ENDOWMENT FUND

In Memory of:

Linda Laing by Roslyn and Arnie Kimmel.

FOUNDATION DONATIONS

Sam and Leema Magidson by David Kimmel.

Leema Magidson by Beverly Ostroger.

ANNE (BLAIR) AND HYMAN MAYBERGER ENDOWMENT FUND

Birthday Wishes to:

Anne Blair by Shelley and Morris Schachnow and family.

CHUCK AND BONNIE MEROVITZ FAMILY FUND

Condolences to:

Shelley Rothman on the loss of her dear friend, Joel, by Chuck and Bonnie Merovitz.

In Memory of:

Helen Fleming by Chuck and Bonnie Merovitz.

Mazal Tov to:

Rosalyn and Steven Fremeth on the engagement of Robyn to Joe, by Chuck and Bonnie Merovitz.

PERCY AND SHELLEY OSTROFF FAMILY FUND

In Memory of:

Samuel Paul by Percy and Shelley Ostroff.

ISADORE AND ROSSIE ROSE ENDOWMENT FUND

Condolences to:

Harriet Schachter and family by Lee Curry; and by Judi Bodnoff and family.

FLORENCE AND GDALYAH ROSENFELD ENDOWMENT FUND

In Memory of:

Jean Millicent Duncan by Anita Rosenfeld.

Condolences to:

Shirley Eagen on the loss of her daughter, by Florence Rosenfeld.

FRANCES AND MORTON ROSS FAMILY FUND

In Memory of:

Helen Fleming by Sandra and Norman Slover; by Jane Mirsky and Leonard Shore; by Molly and Eric Elkin and family; by Evelyn Greenberg; by Marsha and Seymour Ross; by Patty and Arnold Zeman; by Richard Buset and Elizabeth McWeeny; by Eleanor Herer; by Sheldon and Corinne Taylor; by Jerry and Lois Nudelman; by Marilyn and Daniel Kimmel; by Elaine and Stanley Baboushkin; by Carol and Laurie Pascoe; by Angela and Ralph Lipper; by Ruth Calof and David Moskovic; by Harriet and Neil Sleisher; by Anabel Louis; by Ingrid Levitz and family; and by Jordana Ross.

Leema Magidson by Fran and Morton Ross.

Frances Greenblatt by Fran and Morton Ross.

Beatrice Hock by Fran and Morton Ross.

SAMUEL AND RUTH ROTHMAN MEMORIAL FUND

Condolences to:

Shelley Rothman on the loss of her dear friend, Joel, by Sheldon and Corinne Taylor and family.

SHELLEY AND SID ROTHMAN FAMILY FUND

Mazal Tov to:

Shelley Rothman on the engagement of her daughter, Nina to Eric, by Sheldon and Corinne Taylor and family.

AL AND BETTY SEGAL MEMORIAL FUND

In Memory of:

Beatrice Hock by Ned and Gail Segal and family.

Moe Kardish by Ned and Gail Segal and family.

ABE AND NELLIE SHAPIRO MEMORIAL FUND

Happy Passover to:

David and Tamara Anber by Carol-Sue and Jack Shapiro.

Arnie and Roz Kimmel by Carol-Sue and Jack Shapiro, Bess Swedlove and families.

Daniel and Marilyn Kimmel by Carol-Sue and Jack Shapiro, Bess Swedlove and families.

Norman and Isabel Lesh by Carol-Sue and Jack Shapiro, Bess Swedlove and families.

ISRAEL AND REBECCA SHORE MEMORIAL FUND

In Memory of:

Beatrice Hock by Jane Mirsky and Leonard Shore.

Moe Kardish by Jane Mirsky and Leonard Shore.

FAY AND JOSEPH SHULMAN ENDOWMENT FUND

Mazal Tov to:

Betty and Ed Rose on the engagement of their son, Josh to Randy, by Nadine and Brian Mordfield.

SAMUEL AND KATHERINE SIGLER MEMORIAL FUND

In Appreciation to:

Jules Sigler by Carmen Joynt.

STELLA AND LOUIS SLACK MEMORIAL FUND

In Memory of:

Helen Fleming by Myra and Lester Aronson.

Nat Hennick by Myra and Lester Aronson.

BEN AND SHIRLEY SMOLKIN MEMORIAL FUND

In Memory of:

Robert Smolkin by Howard Smolkin and Annice Kronick.

PATRICIA SMOLKIN MEMORIAL FUND

In Memory of:

Robert Smolkin by Ryan and Tanya Smolkin and family; by Derek Smolkin and Helen Braiter and family; and by Nikki and Michael Shapiro and family.

Happy Passover to:

Nikki and Michael Shapiro by Carol-Sue and Jack Shapiro, Bess Swedlove and families.

DORIS AND RICHARD STERN FAMILY FUND

Mazal Tov to:

Debbie Tessler and Ed Glina on the birth of their granddaughter by Doris and Richard Stern.

CASEY AND BESS SWEDLOVE ENDOWMENT FUND

Happy Passover to:

Cantor David and Gita Aptowitzer by Carol-Sue and Jack Shapiro, Bess Swedlove and families.

Allan and Alyce Baker by Carol-Sue and Jack Shapiro, Bess Swedlove and families.

Cantor Daniel and Muriel Benlolo by Carol-Sue and Jack Shapiro, Bess Swedlove and families.

Rabbi Arnold and Charlene Fine by Carol-Sue and Jack Shapiro, Bess Swedlove and families.

Margo and David Kardish by Carol-Sue and Jack Shapiro, Bess Swedlove and families.

Rabbi Scott Rosenberg and Amy Goldman and family by Carol-Sue and Jack Shapiro, Bess Swedlove and families.

Zelaine and Sol Shinder by Carol-Sue and Jack Shapiro, Bess Swedlove and families.

Bess Swedlove by Carol-Sue and Jack Shapiro and family.

RACHEL AND ZELIG SWEDLOVE MEMORIAL FUND

Happy Passover to:

Freda Lithwick by Carol-Sue and Jack Shapiro and families.

Larry Lithwick and Denise Bisson and family by Carol-Sue and Jack Shapiro, Bess Swedlove and families.

BRENT AND RISA TAYLOR ENDOWMENT FUND

Birthday Wishes to:

Mark Korn by Risa, Brent and Shira Taylor.

SONIA AND ARTHUR VINER MEMORIAL FUND

In Memory of:

Milton Viner by John and Gladys Greenberg.

SAM AND HELENE ZARET MEMORIAL FUND

Birthday Wishes to:

Seymour Mender by Debi and Neil Zaret and family.

Continued on page 35



The Women's Collective Philanthropy Program (WCPP) wants to hear from you!

Are you dedicated to improving the lives of
women and children in our community?

Do you have an idea for a new program that can make
a positive difference to Jewish women in Ottawa?

Are you aware of an individual that could benefit from funding?

• Grant Application Process: March 8-31, 2013 •

Organizations, individuals, non-profit agencies, and registered charities
in Ottawa are invited to apply for grant funding in support of:

- First-time projects in the Ottawa Jewish Community
- Initiatives that address needs of women and their families not being met in Ottawa's Jewish community
- Creative formats that address social and community issues
- Individuals or groups that work in a variety of ways, to help women

To download the 2013 WCPP grant application and guideline information,
please visit: www.ojcf.ca or contact Rebecca Nagrodski, Foundation Associate,
at rnagrodski@jewishottawa.com, or call 613-798-4696, ext. 252.

Funds for these grants are made possible via the
Women's Collective Endowment Fund, a designated fund of
the Ottawa Jewish Community Foundation (OJCF).



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Providing support for services and programs that directly benefit women and children.

WOMEN'S COLLECTIVE ENDOWMENT FUND

R'fuah Sh'leimah to:

Margaret Zbar by Diane Koven.

Condolences to:

Allan Donsky on the loss of a dear sister by Rhoda and Joe Levitan.

In Memory of:

Helen Fleming by Gitta and Jeff Wyndowe; and by Rhoda and Joe Levitan.

THE SAUL AND EDNA GOLDFARB B'NAI MITZVAH PROGRAM

EYAL PODOLSKY

B'NAI MITZVAH FUND

Condolences to:

Ruth Lebovich on the loss of her beloved father by Rony and Dekel Podolsky.

NOAH HAMBURG MITZVAH FUND

In Memory of:

Joel Schaefer by Lyon and Cybele Hamburg and family.

LIEFF FAMILY

B'NAI MITZVAH FUND

In Memory of:

Joel Schaefer by Norman and Francie Lieff and family.

Contributions may be made online at www.OJCF.ca or by contacting Jessica Kerzner at 613-798-4696 extension 274, Monday to Friday or by email at donation@ojcf.ca. Attractive cards are sent to convey the appropriate sentiments. All donations are acknowledged with a charitable receipt. We accept Visa, MasterCard and Amex.

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BRIAN LEVITAN, Certified Senior Advisor WENDY BIRKHAN, Social Worker

Flowers on Gravesites

It is time once again to make arrangements for the purchase and planting of flowers at the cemeteries which must be made through Jewish Memorial Gardens. This ensures a uniform price structure and guarantees maintenance of the flowerbeds. Below you will find details for the present price structure. **Orders must be confirmed and paid for by May 1, 2013.**

A Single Plot: \$128.32 + hst \$16.68 = \$145.00 • A Double Plot: \$256.64 + hst \$33.36 = \$290.00

- **Across Planting (adjoining plots): \$192.48 + hst \$25.02 = \$217.50**

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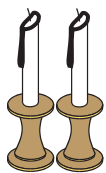
For additional information, please call Jean Myers at 613-688-3530, ext. 3

www.jewishmemorialgardens.org

WHAT'S GOING ON

March 18 to April 7, 2013

For more community listings,
visit jewishottawa.com
Select "Click to see
more months"



CANDLELIGHTING BEFORE

Mar 22 ☆ 6:56 pm

FIRST SEDER

Mar 25 ☆ 7:00 pm

SECOND SEDER

Mar 26 AFTER
☆ 8:04 pm

Mar 29 ☆ 7:05 pm

EVE OF THE SEVENTH DAY OF PASSOVER

Mar 31 ☆ 7:08 pm

EVE OF EIGHTH DAY OF PASSOVER

Apr 1 AFTER
☆ 8:11 pm

Apr 5 ☆ 7:14 pm

WEEKLY EVENTS MONDAYS

Motorin Munchkins drop-in program for children 5 and under. Kids expend lots of energy, supervised by a parent or guardian, 9:00 am to 11:45 am. Info: 613-798-9818, ext. 294.

Chaverim, offered by Jewish Family Services for Jewish seniors with mild cognitive impairment, 2255 Carling Avenue, 11:00 am. Info: 613-722-2225, ext. 392.

TUESDAYS

Israeli Folkdancing: No experience or partner necessary, Ottawa Jewish Community School, 881 Broadview Avenue, 6:30 pm. Info: judy@ottawaisraelidance.ca.

WEDNESDAYS

Drop-in Playgroup for newborn to 3 years old. Parents and kids romp and play and make new friends, 9:00 to 11:00 am.

Info: 613-798-9818, ext. 294.

FRIDAYS

Shabbat Shalom for children 5 years and under, sponsored by the SJCC's Family Life Centre. Bracha Bear welcomes the Sabbath with your children as they learn about Shabbat and other holidays through crafts, songs, stories and games. All children must be supervised by an adult. Info: 613-798-9818, ext. 294.

SUNDAY, MARCH 24

Shalom Ottawa community TV show on Rogers 22, 12:00 pm. Repeats March 25 and 29 at 6:00 pm.

**MONDAY, MARCH 25
and TUESDAY, MARCH 26
First and Second
Passover Seders**

TUESDAY, MARCH 26

Community Passover Seder,

held by Congregation Or Hane-shamah, Ottawa's Reconstructionist community. Everyone welcome. Fellowship Hall at the Unitarians, 30 Cleary Avenue, 6:00 pm. Info: and RSVPs: orhottawa@gmail.com.

THURSDAY, MARCH 28

Canadian Friends of Hebrew University Annual Pesach Lunch features Professor Irwin Cotler, M.P., speaking on: "The Forgotten Exodus: Justice for Jewish Refugees from Arab Countries," Congregation Agudath Israel, 1400 Coldrey Avenue, Ottawa, ON K1Z 7P9. Info: 613-829-3150.

SUNDAY, APRIL 7, 2013

Yom HaShoah Annual Commemoration 2013. The entire community is invited to an evening to honour survivors and remember the victims, 7:00 pm. Info: 613-798-4696, ext. 253.

COMING SOON

SUNDAY, APRIL 14

Yom Hazikaron, Memorial Ceremony for Israel's fallen soldiers and victims of terror, 7:00 pm.

Info: 613-798-9818, ext. 243.

TUESDAY, APRIL 16

Israeli Flag-Raising Ceremony in honour of the 65th anniversary of the founding of Israel, Marion Dewar Plaza, Ottawa City Hall, 11:30 a.m. Bus will depart the SJCC at 10:45.

Info: 613-798-9818, ext. 243.

Yom Ha'Atzmaut. Celebrate Israel's 65th Birthday with music, dance and fun activities for all ages.

Toronto-based band Jaffa Road will entertain with its innovative modern Israeli music,

Ernst and Young Centre,
4899 Uplands Drive, 5:00 pm.
Info: 613-798-9818, ext. 243.

Unless otherwise noted, activities take place at The Joseph and Rose Ages Family Building, 21 Nadolny Sachs Private.

This information is taken from the community calendar maintained by the Jewish Ottawa InfoCentre. Organizations which would like their events to be listed, no matter where they are to be held, should send the information to InfoCentre coordinator Benita Siemiatycki via e-mail at bsiemiatycki@jewishottawa.com or fax at 613-798-4695. She can also be reached by telephone at 613-798-4644. Accurate details must be provided and all events must be open to the Jewish public.

Condolences

Condolences are extended to the families of:

Michael Breslow

Joseph Ellenberg

Esther Greenberg (née Krantzberg)

Lloyd Krichew

Freda Lithwick (née Swedlove)

Aharona Malkind, Tel Aviv, Israel
(sister of Miriam Algom)

May their memory be a blessing always.

The
CONDOLENCE
COLUMN
is offered
as a public service
to the community.
There is no charge.

For a listing
in this column,
please call
613-798-4696,
ext. 274.

Voice mail is available.

BULLETIN DEADLINES

APRIL 3
FOR APRIL 22
APRIL 17
FOR MAY 6
MAY 1
FOR MAY 20
MAY 29
FOR JUNE 17

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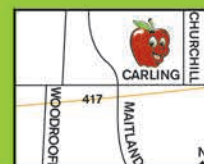


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