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OTTAWA JEWISH BULLETIN

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Meet Rafael Barak, Israel's new ambassador to Canada

The accomplished diplomat sat down with *Bulletin* Editor **Michael Regenstreif** at the Embassy of Israel in Ottawa to introduce himself to Ottawa's Jewish community and to discuss priorities on his agenda and some of Israel's major issues of concern.

The first week on the job was a busy one for Ambassador Rafael (Rafi) Barak, the State of Israel's new representative in Canada.

In addition to settling into his new home in Ottawa and his new office at the Embassy of Israel, he presented his credentials to Governor General David Johnston at Rideau Hall; participated in Chanukah celebrations on Parliament Hill and at an Ottawa Senators game at the Canadian Tire Centre; and journeyed to Toronto to represent Israel at the Jewish National Fund's Negev Dinner honouring Prime Minister Stephen Harper for his steadfast support for the Jewish state.

Barak, 63, was born in Montevideo, Uruguay, and made aliyah to Israel at 18, spending his first year-and-a-half there on a kibbutz. Following his army service, Barak worked as a licensed tour guide while studying political science at the Hebrew University of Jerusalem.

In 1977, having earned an MA, Barak joined the ministry of Foreign Affairs and served four years as a diplomatic cadet at the Israeli Embassy in Lima, Peru. Later, he would serve as Israel's No. 2 diplomat at several embassies, including Brussels and Washington – and he headed up the embassy in Paris for a year in the absence

of an appointed ambassador.

He was in Washington for five years, from 2000 to 2005, a period that included the 9/11 attacks on the United States and the second intifada.

When not stationed abroad, Barak was a high level official within the ministry of Foreign Affairs. In 1993, he became chief of staff to the director general during the Oslo peace process with the Palestinians and was an important member of Israel's negotiating team.

"For four years, I spent more time with my Palestinian neighbours than with my wife and kids," he said.

He also served as deputy director general for European affairs. Prior to his appointment as ambassador to Canada, Barak was director general of the ministry – the equivalent of deputy minister – for three-and-a-half years.

That Israel would tap such a high level official for the ambassadorship to Canada is an indication of the importance the Jewish state places on the Israel-Canada relationship.

The ambassador is in Canada with his wife, Miriam. The Baraks have three adult children and five grandchildren.

At the Negev Dinner in Toronto, Harper announced he would make his first visit to Israel this month, helping to ensure the



Israeli Ambassador Rafael Barak is looking forward to attending Jewish community events in Ottawa. PHOTO: PETER WAISER

new ambassador's first few weeks on the job would have an extra-busy agenda.

"We are very delighted that he's decided to come to Israel," Barak said, noting that Harper has an excellent relationship with Israeli Prime Minister Benjamin Netanyahu, who has offered his Canadian counterpart an open invitation to visit Israel for many years.

"We'll work with the Prime Minister's Office and the ministry of Foreign Affairs to prepare the visit, to prepare the appointments and meetings," and,

hopefully for an official launch of the Stephen J. Harper Hula Valley Bird Sanctuary Visitor and Education Center that will be built in the Hula Lake Nature and Bird Park with the proceeds from the Toronto Negev Dinner.

Asked about his priorities as ambassador, Barak mentioned four items at the top of his agenda, some of which are obviously inter-related.

The first priority is on the economic front. Noting the excellent relations and

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Students to research ritual practices of Ottawa Jews > p. 9

Fogel and Crook on Harper trip to Israel > p. 13, p. 23

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Canada appoints new ambassador to Israel

BY MICHAEL REGENSTREIF
EDITOR

Vivian Bercovici, a lawyer and columnist who has written extensively about Israel and the Middle East, has been appointed Canada's new ambassador to Israel.

Foreign Affairs Minister John Baird made the announcement, January 8, as plans for Prime Minister Stephen Harper's visit to Israel this month were being put in place. Bercovici, who studied at the Hebrew University of Jerusalem from 1981 to 1982, will be with the prime minister on the visit.

"Canada and Israel share a strong and multi-faceted relationship based on shared values, common interests and strong political, economic, cultural and social ties," said Baird in his announcement.

"Having lived in Israel and written extensively on the region, Ms. Bercovici

has an excellent understanding of the challenges facing the country and deep insight into the opportunities provided by the strong links between our two countries."

Bercovici, who has taught at the University of Toronto School of Law, has been writing a monthly column on Israel and the Middle East for the *Toronto Star* and is seen to be a strong supporter of the Jewish state.

Her appointment was welcomed by the Centre for Israel and Jewish Affairs (CIJA).

"We offer our warm congratulations to Ambassador Bercovici and are confident she will serve Canada with distinction and honour. Ambassador Bercovici is articulate, knowledgeable, and brings a wealth of experience in law and academia. She is well poised to take the Canada-Israel relationship to the next level for the benefit of both countries, particularly in the areas of trade, energy,



PHOTO: FOREIGN AFFAIRS, TRADE AND DEVELOPMENT CANADA
Vivian Bercovici, Canada's new ambassador to Israel, is congratulated on her appointment by Foreign Affairs Minister John Baird.

science and technology," said CIJA Chair David Koschitzky in a statement released following Baird's announcement.

Baird also took the opportunity to say Canada's relationship with Israel will be strengthened during Harper's up-

coming visit.

"We also look forward to further deepening the bonds between Canada and Israel during Prime Minister Stephen Harper's first official visit to the region later this month," said Baird.

Barak: Both sides are serious and engaged in peace talks

Continued from page 1

goodwill that exist between the governments of Israel and Canada, Barak said he wants to build on that relationship, particularly in areas of economic collaboration.

"We have a free trade agreement, for example, but it should be improved and upgraded," he said.

"We'd like to enter into new fields of co-operation, such as energy. We are the land of milk and honey, but, suddenly, we've discovered natural gas," he said, suggesting Canada, with its energy expertise, would be a natural partner in developing the gas reserves.

Other areas Barak mentioned as having great potential for Israeli-Canadian co-operation included information technology, biotechnology and water management.

Barak's second priority is on the

political front, explaining the situation facing Israel to politicians – both in government and on the opposition benches – and to the media and the Canadian public, and, in the diplomatic sphere, particularly on such important issues as Iran, the conflict with the Palestinians, and changes that have been taking place in the Middle East over the past several years.

The third priority is scientific and educational co-operation and research and development, an area in which he believes there is tremendous potential.

The fourth priority he mentioned is maintaining and enhancing Israel's relationship with Jewish communities in Canada, which is "always a priority for the Israeli ambassador."

Noting the particularly close relationships previous Israeli ambassadors have had with Ottawa's Jewish community,

Barak said he was looking forward to getting to know the community and to attending community events here.

Turning to some of the issues of concern, the Oslo peace process veteran said it was a positive development that the current peace talks with the Palestinians are being conducted behind closed doors.

"Both sides are serious and are engaged," he said, noting there is much skepticism on both sides about the potential for success.

"Eighty per cent of Israelis would like to come to an agreement, but 80 per cent are also skeptical that it is possible," he said, noting a similar level of desire and skepticism among Palestinians.

On the Iran nuclear front, Barak reiterated Israel's concern that the temporary deal negotiated by six world powers – U.S., U.K., France, Russia, China

and Germany – with Iran would not stop the Iranians from proceeding on their quest for nuclear weaponry as it allows them to continue to enrich uranium.

"The agreement doesn't cover our concerns," Barak said, adding that Israel was pleased to see the Canadian government expressing similar concerns.

Concerning the upheavals in some parts of the Arab world over the past several years, Barak said Israel needs to maintain "a policy of strategic silence as this is not about us."

Without mentioning Syria by name, Barak said, "Nobody wants to see a country where more than 100,000 people have been killed in his neighbourhood," adding that maintaining good relations with Egypt and Jordan, the two countries with which it has peace treaties, and looking for new opportunities for diplomacy, was Israel's priority in the region.

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BRIDGING COMMUNITIES

Ottawa

The next issue of the *Ottawa Jewish Bulletin* will be published on February 3.

Federation

committed to seeking out wide variety of views

Moving to a new city, a new community and a new job, it was important for me to meet with as many people as possible over the past 10 months to help get oriented. Recognizing that, in a Jewish community of 15,000 people, there are limits to the number of individual meetings possible and, with a strong desire to gather insight from a diverse group of community members, I began sending out the following email:

“When speaking with friends, relatives or colleagues about community organizations, on a scale of one to 10 (where one is low and 10 is high) ... how would you rate the Federation as a user-friendly (approachable) organization?”

I attempted to reach out to the more than 2,000 people in our email database and was so pleased when 12 per cent responded; but was less pleased the average rating of 6.4 out of 10. It was interesting to note that there were very few ratings in the four to seven range; most respondents had very strong inclinations at either end of the spectrum. When it comes to the Jewish Federation of Ottawa, it appears there are few neutral perspectives.

What I personally valued most was the opportunity to engage in conversation with interested community members. I deliberately sent out just a few emails each week so that I had time to personally reply to each person who responded. I



Andrea Freedman

genuinely appreciated the opportunity to communicate with those who view the Federation positively, and with those who do not. And I was intrigued by several respondents who are regular recipients of our communication and yet know little about the actual work we do.

Several respondents who believe strongly in the important mandate of the Jewish Federation of Ottawa, but felt let down by our execution, particularly struck me. Several pointed to an unfavourable gap between their positive views and those of their peer group. Some expressed gratitude for having been asked

for their opinion. And many were incredibly warm in welcoming me to Ottawa, even as they cautioned that they believe the road to success will be challenging.

Inevitably, I learned there are a multitude of different opinions on what the Federation is doing well and what we are doing less well and some are contradictory (e.g., we support worthwhile organizations versus a questioning of funding priorities). I learned many lessons from this experience and am grateful to everyone who took the time to respond to my request for feedback – thank you all.

Frequent comments included the need for the Federation to articulate a vision, the need to better communicate how gifts to the Annual Campaign benefit the community; and that the Federation is the glue that binds us together. Overall, one of the primary lessons is that community members expect greater transparency and greater insight into the Federation’s decision-making processes.

To this end, we have already taken several steps, including developing Key Performance Indicators (KPIs) so that community members can see our progress against our goals (our first results will be posted online in February) and a revamped *Ottawa Jewish Bulletin* that takes a more inquisitive approach to issues in our Jewish community. In the Rosh Hashanah community-wide edition of the *Bulletin*, we featured profiles of all of the members of the Federation Board

Andrea Freedman, president and CEO of the Jewish Federation of Ottawa, discusses some of the steps that have been taken to engage the community and issues an invitation to participate in upcoming strategic planning consultations.

so that community members know who the decision-makers are.

Some additional steps we intend to take include posting the report I submit to the Jewish Federation of Ottawa’s Board of Directors on our website on a monthly basis; posting a summary of board discussions on our website; and developing new ways of reporting how funds from the Annual Campaign are put to good use in the community.

Finally, please consider participating in a strategic planning community consultation as part of our strategic planning process on Monday, February 3 or Wednesday, February 5 at 7 pm at the Soloway Jewish Community Centre. RSVP to rabenhaim@jewishottawa.com.

In crafting a strategic plan, we are committed to seeking out a wide variety of views – please try and make the time to ensure that your thoughts are heard and understood.

I continue to be excited to hear from and meet with community members, so feel free to connect with me at afreedman@jewishottawa.com or 613-798-4696, ext. 224. Community building is difficult and time-consuming work. Fortunately, so many individuals are hard at work at the task each and every day!

Editor’s note: See the news article by Louise Rachlis on page 4 and the guest column by Linda Kerzner on page 5 for more on the Federation’s strategic planning process.

Sara Vered and Roger Greenberg named to Order of Canada

Two prominent members of Ottawa’s Jewish community were among the 90 new appointments to the Order of Canada announced by Governor General David Johnston on December 30.

Both Sara Vered and Roger Greenberg were appointed members of the Order of Canada in recognition of their philanthropic efforts over many years.

Vered was cited “for her leadership in Ottawa’s voluntary sector and for her support of education, health care, and organizations dedicated to art and culture.”

Greenberg was cited “for his contributions as a fundraiser and trusted counsel-

or to numerous charities and educational institutions in the National Capital Region.”

Vered and Greenberg have both actively supported many worthy causes in the Jewish and general communities and both have been recipients of the Gilbert Greenberg Distinguished Service Award, the highest tribute the Ottawa Jewish Community can bestow on an individual for exceptional service over the course of many years.

Vered and her late husband, Zeev Vered, received the award in 2002 while Greenberg was the recipient in 2007.



Sara Vered



Roger Greenberg

Federation to establish new strategic plan

The Jewish Federation of Ottawa has invited all Jewish community organizations and members of the community to participate in consultations

BY LOUISE RACHLIS

For Jewish Federation of Ottawa president and CEO Andrea Freedman, “words matter.”

She’s excited about the process of creating the words for a new Federation strategic plan, which will include a vision statement of “what we hope to become” and a values statement of “what we feel is important.”

She enjoys the debate on the language “because I think it’s valuable. I care about mission statements. They should be a communication to the community of what we do, what we care about.”

Freedman wants the community to know “this is your opportunity to impact the strategic direction of the Jewish Federation of Ottawa. We are working very hard to maximize the number of people who will take advantage of this opportunity, which is also an important responsibility.”

It has been 10 years since the last Federation strategic plan, and seven years since a community planning symposium. In between the symposium and now, seven strategic objectives had been developed and worked on, in particular the openOttawa process, which led to the creation of the Emerging Generation initiative.

Now, it’s again a crucial time for renewal and for reaching out to the community.

It’s an opportunity for the Federation to listen to the community’s ideas of what the Federation should be. They hope to hear from not just the official voices, but the diverse voices, including the unaffiliated.

“The Federation needs to make sure our process is highly consultative, with a broad range of viewpoints and perspectives,” said Freedman. “You have to have a process where everybody feels heard



Linda Kerzner is chair of the Jewish Federation of Ottawa Strategic Planning Committee.

PHOTO: PETER WAISSER

from, and then you have to get back to them about how the final components of the strategic plan were chosen.”

Overseeing the process is the Board’s Strategic Planning Committee, chaired by Federation Vice-Chair Linda Kerzner. Committee members include Federation Chair Steven Kimmel, Debbie Halton-Weiss, the immediate past-chair, and Board members Lauren Bronstein, Mike Shahin and Jason Shinder. Freedman and Bram Bregman, Federation vice-president of community building, staff the committee.

“We intend to hold the majority of our consultations in January and February, with separate sessions for different groups and two general community consultations for anyone else interested,” Freedman said. “We are hoping to present a Board-approved, finalized strategic plan at our AGM on June 18.”

Business transformation consultant Michael Walsh of Totem Hill will facilitate the consultations.

Ron Prehogan headed up the last Federation strategic plan process.

“The strategic planning process from 10-plus years ago was an important part of the new governance structure when the Vaad became the Federation,” he said. “We were transitioning from a 40-plus board of trustees to a 10-plus board of directors with committees reporting up to the Board, and so it was a big change. I’m not sure what the current strategic planning process is all about,

but I suspect that it will be less governance- and process-oriented and more focused on vision and mission.”

Prehogan said he would urge the Federation “to strike a better balance between the needs of the donors and beneficiary agencies than has been the case over the past 10 years where we have over-focused on the donors and under-focused on the agencies. Donors will be happier if our agencies do better, so let’s put more of a focus on our agencies than we have in the past. That would be my view.”

Why is a strategic plan so important to a non-profit organization?

“In its simplest form, a strategy is a means of getting something done,” said Gregory Richards, professor of performance management at the University of Ottawa’s Telfer School of Management.

“Most non-profits deal with limited resources and expanding demands; therefore, a strategic plan is useful because it defines what needs to be done, how to do it and the resources required. Accordingly, the outcome of a good strategic plan is a clear definition of what the agency will do with its resources, but also, and perhaps more importantly, the plan defines – usually by exception – what the agency is not capable of doing, given its resource base. A good plan is also dynamic in that it includes success measures useful in ensuring that operational activities directly support the strategy.”

“Strategic planning is about figuring out how to match resources and capacity, especially in a time when resources are often limited,” said Fran Klodawsky of Carleton University.

“If an organization can be clear about what it wants to try to achieve re vision and mission and objectives, it can be more realistic about the required time frame and resource needs and then try to develop a plan on how to achieve,” she said. “Having a plan makes the process much clearer and also allows an organization to help clarify to members what it is and is not about.”

The committee has scheduled several consultation sessions and hopes that all of Ottawa’s Jewish organizations, as well as all interested members of the Jewish community will participate.

“We would love it if we had to put on extra sessions to accommodate the

See Strategic on page 5

Jewish Community Service Awards

Members of the Jewish community are invited to nominate individuals to receive community awards at the Annual General Meeting of the Federation in early June.

Gilbert Greenberg Distinguished Service Award

The Gilbert Greenberg Distinguished Service Award is the highest tribute the Ottawa Jewish Community can bestow on an individual for exceptional service and leadership to the Jewish community over the course of many years.

Freiman Family Young Leadership Award

The Freiman Family Young Leadership Award recognizes an individual under the age of 40, who has rendered exceptional service to the Jewish community.

The Shem Tov Community Volunteer Award

The Shem Tov Community Volunteer Award recognizes an outstanding and active volunteer with the Jewish community who, through many years of service, has contributed to the enrichment of Jewish life in Ottawa.

Submit Recommendations by Monday, March 31, 2014 to:

Chair of the Community Award Selection Committee
Jewish Federation of Ottawa

21 Nadolny Sachs Private, Ottawa, Ontario K2A 1R9

or email: rabenhaim@jewishottawa.com

For more information or to download a nomination form, please visit www.jewishottawa.com



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Help shape the future of Ottawa's Jewish community

Linda Kerzner, chair of the Jewish Federation of Ottawa's Strategic Planning Committee, extends an invitation to all community members to participate in the consultations that will lead to a new strategic plan for Ottawa's Jewish community.

IMAGINE what our community will look like in five years, and then IMAGINE that you helped to make that happen.

The Jewish Federation of Ottawa has embarked on a strategic planning process that will build Jewish community, generate positive energy and confidence.

What does all this have to do with you?

We want to engage you in a conversation about your understanding of the challenges and opportunities facing our community. Together, we will create the direction necessary for your Federation Board to create a long-term, meaningful plan for Ottawa's Jewish community.

Strategic planning is critical to us as a

Strategic: Sessions to build consensus as process evolves

Continued from page 4

demand," said Freedman. "We'd rather have multiple sessions of 30 people than one session of 100, because not everyone is comfortable speaking in a crowd."

Small pockets of consensus will be built around the tables in each of the sessions, which will build to a larger consensus as the process evolves.

"At the end of the day, you want to create a document that is living and breathing," she said. "Everything is aligned and flows from there. My personal belief is that strategic plans are not only helpful for direction, but as well to help us decide what not to do at this time."

The first consultation for Jewish organizations was scheduled to take place on January 14 with a second one on Thursday, January 23 from 7 to 9 pm.

A session for the emerging generation is set for Wednesday, January 29 from

5:30 to 7:30 pm.

The community consultations will take place on Monday, February 3 and Wednesday, February 5 from 7 to 9 pm.

All of the consultations take place at the Soloway Jewish Community Centre.

For discussion purposes, a draft mission statement, vision statement and list of core values is available at www.jewishottawa.com.

"The value of a strategic plan is assessing where we are as a community today and where we would like to be in five years," said Freedman. "It is about setting concrete, measurable objectives so that we know what success looks like."

To attend one of the consultation sessions, contact Rachel Abenhaim at rabenhaim@jewishottawa.com.

The *Bulletin* will continue to follow this story during the strategic planning process.

non-profit organization because it is the basis for how we govern as Board members, how our staff works, how we effectively fundraise, how we are evaluated, and how we create change and facilitate growth.

Ultimately, the plan that results from this process determines what our purpose is and what we do. It gives us an agreed upon vision of what the Federation wants to accomplish in the coming years and what initiatives are necessary to make it happen. The strategic plan will be the document that drives our work. It will determine what we do, what we don't do and, ultimately, what success looks like.

The strategic plan will be built on the feedback gathered from the consultations with you, our Jewish community members. Success of this process is based on meaningful contact with you that will translate into direction and actions designed to make our community all that you want and expect it to be.

In agreeing to serve as chair of the strategic planning process, it was important to me that we listen to diverse voices in the community. Accordingly,

we are holding community consultations on Monday, February 3 and Wednesday, February 5, from 7 to 9 pm at the Soloway Jewish Community Centre. RSVP to Rachel Abenhaim at rabenhaim@jewishottawa.com.

With a broad spectrum of voices expressing important views and participating in the conversation, our committee will be better equipped to decide what is ultimately included in the strategic plan. What an exciting challenge to take on as your community representative!

Imagine, believe, plan and act. This is my commitment to you as chair of this exciting process. I take this role very seriously because I believe in the incredible potential of Ottawa's Jewish community and I want future generations to be proud of the foundation we established for them to build upon.

I hope you will join us on this journey and take an active part in the consultations. Your voice matters. Be proud of being a part of determining our future. Be proud of Ottawa's Jewish community and all that it has to offer today and in the years to come.

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FEDERATION REPORT



**RABBI HOWARD FINKELSTEIN
OJCS**

A number of exciting changes in Judaic Studies in the Ottawa Jewish Community School are occurring in a number of areas.

Curriculum design and structure – We have developed a spiral curriculum for all grades from all day kindergarten (ADK) to Grade 12 covering subjects including Torah, Tanach, Halacha, Jewish history, Tefillah and Hebrew language, detailing standards, benchmarks as well as exit goals for each subject in each grade, in addition to a detailed lower school curriculum document for ADK to Grade 4, augmented by the Tal Am program.

OJCS welcomes exciting changes to Judaic program

Hebrew language is streamed for Grades 4 to 12, core and extended. In addition, Hebrew language teachers are developing a detailed language curriculum for Grade 5, emphasizing conversational Hebrew. Accommodations are made for students with special learning needs.

Use of technology – We are engaged in intensive online learning blended with traditional classroom study through Israeli programs such as *Virtual Israel*, which brings our students to Israel live with an Israeli rabbi. We also use a number of Smart Boards.

Thematic teaching – The teaching of Torah and ethics in the middle school, Grades 7 and 8, done thematically, concentrates on the applicability of text to modern day issues in the areas of relationships, leadership and spirituality. High school students tackle the most controversial issues of the day, researching and analyzing Jewish, as well as secular, approaches relating to medical,

business, social and political ethics. Students are encouraged to form their opinions on issues based on study and analysis of their topics. Critical and analytical thinking are crucial.

Two-track system in high school – In the normative track, students study contemporary issues in the areas of Torah and Halacha. Students use technology in preparing material on these subjects researching and presenting their findings in a group learning scenario. In addition, students engaged in Jewish history study denominational Judaism, anti-Semitism, Israel advocacy and great Jewish thinkers.

There is a Gemara track connected to the Bekiut Program of Yeshiva University (YU) High School, as our students, part of a network of more than 200 North American students, study a tractate of Talmud, and are tested by YU rabbis.

We take part in the RAVSAK Moot Bet Din contest designed to enable students to analyze a case through the use of

Talmudic and Halachic sources. Our school has competed against about 22 other schools across North America, in San Francisco, Fort Lauderdale and Philadelphia. This year, we are competing in Kansas City.

Tefillah – Rosh Chodesh and Monday and Thursday services, twice monthly for students and parents, in addition to the daily Mincha minyan in the high school attract community members as well. More than 80 students and parents attend these services conducted by our youth.

Community involvement – In conjunction with RAVSAK, the network of North American community schools, our students take part in Project ROPE, a hands-on learning program in philanthropy, which combines the study of Jewish sources with working with agencies such as Hillel Lodge and Tamir in Ottawa and agencies in Israel such as Ezer Mitzion. In addition, our middle school students work and interact with Hillel Lodge residents on a monthly basis.

I invite parents and other interested parties who wish to find out more about our Judaic Studies program to contact me at 613-722-0020 or h.finkelstein@theojcs.ca.

FROM THE PULPIT



**RABBI ELIZABETH BOLTON
OR HANESHAMAH**

‘You shall have no other gods besides me.” *Exodus 20:3*
Biblical Judaism puts forward a complex and elusive notion of belief. From the *Five Books of Moses* through the prophetic texts and the writings, the people are commanded and guided to love God, to obey God, to serve God. When it comes to seeing God, to any potential verification of God’s existence or essence, things become literally cloudy, shrouded in smoke, depicted by columns of fire or mist, hidden in clefts of rock, depths, heights, or voices.

Even acknowledgment is indirectly decreed. The first commandment begins simply – “I am.” Its “you shall” is a “you shall [not] ... have no other gods but me.”

What then constitutes Jewish belief in God? Is a faithful Jew one who is faith-full, filled with faith in a particular notion of

Believing: What constitutes Jewish belief in God?

the Divine? Does that automatically mean the transcendent, omnipotent Deity of many a childhood narrative? Are we as adults empowered to simply push away that paediatric portrayal with an intellectualized, postmodern gesture?

Believing, by definition, comes with doubt. The essence of belief is the experience of its absence. No doubt there. Even atheism is riddled with doubt – its very debates framed question and challenge, the mirror of faith itself.

As a former professional musician who has endeavoured to weave those skills into my rabbinate, I can “believe” experientially. I resonate with belief, rather than understand it. To simply profess “I believe in God” does not adequately reflect what leads me to religious community, to spiritually-motivated social action, or to serve as leader of a faith community.

For many, the theology of Rabbi Mordecai M. Kaplan, who co-founded the Reconstructionist movement, offers a bridge between secular and religious Judaism. Rabbi Arthur Green, president of the Reconstructionist Rabbinical College when I began my studies there, has called Reconstructionism “religious humanism.”

Rabbi Kaplan is well known for his formulas humanizing God. “The word God has ... come to be symbolically expressive of the highest ideals for which men [sic] strive.”

The character of the Fairy Godmother in *Cinderella* – at least in the lyrical imagination of Oscar Hammerstein – taught her doubting charge: “Impossible things keep happening every day.”

Is it possible that we must believe in the impossible before trying to do the impossible? Is it possible that faith – that belief in something that transcends the order of the world as we experience it – may successfully inspire the feeding of the world’s hungry, stop urban violence, create armies of peace, arrest climate change, and other acts of impossible scope?

Is it possible that, by resonating with belief, we create the conditions to remove discrimination and correct injustice, because we truly live as though everyone is created in the Divine image?

Belief and action need not be dismissed because they are not the other. Prayer to God may indeed be futile if the religious communities that hold such worship rituals do nothing to foster dialogue between its members, with those beyond the walls of the community, or among those who have fallen and need to be uplifted. And those whose actions need not be buoyed by prayer need may – must – join with those whose actions are spurred on by faith. In this we all can believe.

Rabbi Bolton can be reached at rabbilizb@orhaneshamah.ca.

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FROM THE
EDITOR

MICHAEL REGENSTREIF

When the current round of peace negotiations between Israel and the Palestinians was announced, conventional wisdom suggested these talks, brokered by U.S. Secretary of State John Kerry, were doomed to failure – just like so many previous efforts to settle the dispute and put a two-state solution in place have failed over the past two decades.

If I were a gambler, I'd probably follow the conventional wisdom and put my money on these talks ending the same way the others have – despite my belief that successfully reaching the two-state solution is in the very best interests of both Israel and the Palestinians.

Sometimes, though, the conventional wisdom gets it wrong, and I started

Sometimes conventional wisdom gets it wrong

thinking a couple of months ago that this might be one of those times.

The talks have been shrouded in secrecy and, despite conflicting third-hand reports that they're making progress and that they're not going well, it seems to me the success of maintaining the news blackout is an indication that some sort of progress is being made.

That feeling was reinforced when I met with Ambassador Rafael Barak last month for the article on pages 1 and 2. As a veteran Israeli peace negotiator, and having just served as director general of the ministry of Foreign Affairs, Israel's new ambassador to Canada is someone I'd pay attention to on this issue. Both sides, he told me, are serious and engaged in these talks.

But, to me, the surest sign the talks might – and that's still a very big "might" – be approaching success are the latest signals from Israeli Foreign Minister Avigdor Lieberman, a man with a reputation for being among the hardest of Israeli hardliners.

I met Lieberman when he was in Ottawa in September 2011 and I attended a briefing he gave to a small invited group of Jewish community leaders from Ottawa

and Montreal.

At that briefing, Lieberman dismissed the peace process and a proposed Palestinian state despite the fact that Prime Minister Benjamin Netanyahu was calling for a renewal of talks with no preconditions. There was no hope for peace with the Palestinians, he said then.

In recent days, though (I'm writing on January 10 just before this issue goes to press), Lieberman has been singing a surprisingly different tune, saying how important talking to the Palestinians is, praising Kerry's efforts, and saying these discussions are the basis for the best possible deal.

Avigdor Lieberman was one of the last Israeli politicians I'd expect to take this position. So, maybe, just maybe, these talks will be successful.

HARPER VISIT TO ISRAEL

Prime Minister Stephen Harper is scheduled to be in Israel this week on his first visit to the Jewish state. As she notes in her *My Israel* column on page 23, Barbara Crook, will be part of the Canadian delegation travelling with the prime minister.

Barbara will be filing reports from Israel

for the *Ottawa Jewish Bulletin* during Harper's visit and we'll post them online at www.ottawajewishbulletin.com as they arrive. We'll then have a wrap-up in our next issue.

Steven Kimmel, chair of the Jewish Federation of Ottawa, will also be part of the Canadian delegation.

THANKS ILANA, WELCOME MONIQUE

In September, Ilana Belfer, who had been our *Campus Life* columnist for three years, left that beat and began writing *Emerging Gen*, a column about issues and concerns of young adults in their 20s and 30s.

Ilana completed her journalism degree at Carleton University in December and has decided to leave Ottawa – at least for now. She's off this month to do some travelling and then plans to settle in Toronto.

And when one door closes, another opens. We've recently been assigning some articles to freelance journalist Monique Elliot, who has also contributed to the *Canadian Jewish News*. Monique is from the Toronto area, but came to Ottawa to study journalism at Carleton. She graduated in 2012 and returned home.

But Monique decided she likes Ottawa better and has returned to live here. She introduces herself as our new *Emerging Gen* columnist on page 23. Her column will appear every second issue.

IDEAS AND
IMPRESSIONS

JASON MOSCOVITZ

The past 40 years have increased my appreciation of human kindness

where the day would bring me. What the day would teach me.

There are so many memories of that first year. As I think back, I still can't believe I was fortunate enough to experience so much in that very first year.

After a few brief months on the job, the firemen in Montreal went on strike and suddenly a part of the city went up in flames. The striking firemen were setting fires and, when their supervisors came to fight those fires, I saw the strikers cut water hoses with razor blades.

I remember the time there was labour difficulty with the transit union. The union was planning an illegal walkout and there was a member of the management team who knew about it. I was covering a meeting at city hall and this management person told me there would be no métro and no buses in the morning. He knew I was just staring out. My first scoop was really as innocent and as kind as that!

I interviewed Dr. Henry Morgentaler in those early months before anyone knew who he was. He had just opened his first abortion clinic and the reason for the interview was that a nurse at the clinic had just been arrested. I was there at the very beginning of that epic legal battle that so marked Canadian history.

In early-1974, I was told to meet and interview a visiting Israeli politician. His name was Shimon Peres. Does that put his success and longevity in perspective?

Of all the memories there is one that is most special. It was a Sunday in July, and I was the only reporter working that day. It was one of those days no one expects a major story to break – until there is one. The phone rang. It was the national newsroom in Toronto. Canadian Press was reporting a major prisoner escape from Montreal's infamous Saint Vincent de Paul Penitentiary.

There I was, all alone, a raw rookie with a major story and the expectations of the national newsroom in Toronto. Worse still, the story involved an

inaccessible prison where I did not have a single contact.

There was an old crusty crime reporter in the newsroom whom I was actually afraid of. His name was Frank Roach. I was told he was a religious man, that Sunday was his Lord's Day, and that he would never work or want to be disturbed on a Sunday. I had no choice. I was smart enough to know I had to phone him and ask him for help. My future with the network really did depend on him.

I phoned quivering. He answered. I told him about the prison break and that the desk in Toronto was waiting on me to produce a story. There was dead silence, which seemed to go on forever. And then he thundered, "Kid, just stay there." And then he hung up.

I honestly don't remember how long it was before Frank called back, but it may have seemed like a lifetime.

"Kid, be at gate number four of the prison at 2 o'clock," he said.

I arrived at 2 pm with a camera crew and was met by a prison guard. It was just like a movie. We were taken to the warden's office. He gave me an interview and photos of the escapees. I had, or thanks to Frank Roach, was given, my first story for the national news.

Forty years have only increased my gratitude to Frank's memory as well as my appreciation for human kindness.

January 11 marked a special anniversary for me. It was 40 years ago, on January 11, 1974, when I went to work. Forty years. Four decades. No matter how you count it, it was a long time ago. I was 22, almost three years younger than the youngest of my four children. Making the comparison reminds me how young I was.

It was the best of times to be a rookie reporter for CBC Television in Montreal. What an eye opener! You name it and it was happening. All the social and labour unrest, linguistic difficulties, the beginning of the Olympic spending spree; then add to that the criminal underworld in Montreal, which wasn't so underground in the early-1970s.

I would go to work never knowing

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SYNAGOGUE ALIVE AND WELL

Mark Twain once said, "Rumours of my death have been greatly exaggerated." So too has the death of the synagogue.

In "Ottawa's synagogues tackle existential challenges (November 25), one person's assessment that "nobody comes" to shul programs is greatly exaggerated. I am pleased to report that things are not as bleak as the article suggests.

At Machzikei Hadas, we are, in fact, having very healthy attendance at the many programs the shul hosts. Though we have had declining membership over the years, which is common to many shuls, we still have a dedicated, strong nucleus of members who participate actively in shul programming.

We recently hosted a Shabbat scholar-in-residence, Prof. Natan Aviezer, who spoke about reconciling modern science and religion, and we had a very enthusiastic turnout. A while back, the shul hosted a Shabbaton with Steve Savitsky, president of the Orthodox Union and that too was very well attended. We had the major Herzl exhibit with a film of *It is No Dream: The Life of Theodor Herzl* and it was a great success.

Rabbi Michael Hattin of the Pardes Institute of Jewish Studies in Jerusalem gave a wonderful lecture that drew many. The shul hosted three movie nights with films from the Simon Wiesenthal Center that were very well received and hosted a Simchat Torah dinner that brought in about 200 people.

We had a Sunday breakfast with First Secretary Eitan Weiss of the Embassy of Israel and, on December 1, the shul held a beautiful family Chanukah party with

supper, music and a live parrot show for kids. There was a great turnout!

Based on this past record of events being so well received by so many, I look forward with optimism to more excellent, well-attended programs at Machzikei Hadas. We are alive, well and kicking!

Shelley Engel

JEWISH REFUGE IN CHINA

Thousands of Jews found refuge in China during the Holocaust, noted *My Israel* columnist Barbara Cook in the November 11 edition of the *Bulletin*.

One of the Jews who found refuge in China was a dear friend of mine, the late Sam Fishbain who came from Lithuania.

Sam told me that he got a transit visa from Chiune Sugihara, the Japanese vice-consul in Kaunas, Lithuania, for travel to Harbin, China, on the Trans-Siberian Railway owned by the Soviet Union. When Sam got to Harbin, he proceeded to Shanghai.

The Simon Wiesenthal Center has estimated that Sugihara issued transit visas for about 6,000 Jews and that around 40,000 descendants of those Jewish refugees are alive today because of his actions. Only one visa was needed for a whole family.

In 1985, Sugihara, who died in 1986, was granted the honour of the Righteous Among the Nations by Israel and he and his descendants were given perpetual Israeli citizenship.

Lionel Metrick

LETTERS WELCOME

Letters to the Editor are welcome if they are brief, signed, timely, and of interest to our readership. The *Bulletin* reserves the right to refuse, edit or condense letters. The *Mailbag* column will be published as space permits.

Send your letters to Michael Regenstreif, Ottawa Jewish Bulletin
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Direct a legacy in Israel with JNF

Last November, our Executive Director, Lynda Taller-Wakter, received a phone call from a woman stating that she was concerned about the rise of anti-Semitism and wanted to do something about it. Not knowing her, Lynda arranged a meeting with this lady at her seniors' residence. The woman, in her 90s and not Jewish, was redrafting her will and wanted to bequeath funds to JNF in exchange for a commitment to educate non-Jewish individuals about the Second World War and Israel in an effort to enhance the understanding among non-Jews of Israel, past and present. After much discussion, Lynda presented the concept of a "birthright" mission for non-Jewish youth between the age of 18 and 30. The woman accepted the concept and decided to bequest sufficient funds to permit JNF Ottawa to take many individuals on a Memorial Mission in her name.

Some might say it's the kindness of strangers. Others might ask, "How can I make a difference?"

Each year, when JNF hosts its Negev Dinner, our chosen Honoree selects a project in Israel and the funds raised by their Dinner, in addition to their own charitable gift, go towards their project of choice in Israel. A beautiful plaque will mark the special occasion, and their legacy is etched in the land of Israel in perpetuity. The projects are often chosen with the objective of enhancing Israel's water quality, natural environment, agricultural industry or enriching the lives of its citizens, the underprivileged or handicapped in Israel, with an innovative playground or use of outdoor space.

Let's assume you want to leave a legacy in Israel, but simply do not have the funds to do so either today or in the future, nor do you think you will be a JNF Negev Dinner Honoree and engage the community to raise funds on your behalf.

Fortunately, between the Canada Revenue Agency and the life insurance industry, there is an affordable way to leave a directed legacy and make a difference. To quote from an article in the fall edition of *JNF Roots Magazine* by lawyers Adam Aptowitz and Aaron Bickman, "Create a fund of money which can be donated to charity through the use of life insurance... One way to supplement funds is to take out a life insurance policy for the benefit of JNF. Once the policy is donated to JNF, the premiums can also be donated to the charity so that a tax receipt can be issued both upon the donation of the policy and the yearly donation of the premium. When the policy matures the amount of the payment will be paid directly to JNF and then used for whichever purposes have been previously discussed."

Any planning discussion should include your professional advisers, but you may wish to speak to Lynda about the many ways your generosity can benefit Israel and Jewish continuity.

Thank you for your 2013 JNF Blue Box donations!
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Sefer Bar Mitzvah

Mazel tov to Matthew Gencher, by grandparents, Leah and Bob Gencher.

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Carleton course to research ritual practices of Ottawa Jews

BY ILANA BELFER
FOR THE ZELIKOVITZ CENTRE

Have you ever wondered how many Ottawa-based Jews light Shabbat candles? Dip apples in honey at Rosh Hashanah? Sleep in a sukkah on Sukkot?

A new course at Carleton University this semester is ushering students out of the classroom and into the community to research Jewish home ritual practices – and, hopefully, to answer those questions and more in the process.

"I do expect to find continuities with some basic trends found by previous research, such as the Pew report that has shown broad participation in the Passover seder and fasting on Yom Kippur. But I am curious to see what we will find in Ottawa," said Deidre Butler, director of Carleton's Max and Tessie Zelikovitz Centre for Jewish Studies, who designed and teaches the course.

"Will we find evidence of non-traditional or highly personalized rituals? What happens when Ashkenazic and Sephardic traditions come together in one house? How do children and extended family affect ritual life?"

Particular attention will be paid to the phenomena of intermarriage, conversion and same-sex marriage.

Students will be trained in oral-based qualitative data collection and given an opportunity to directly contribute to real scholarship using a combination of interview- and questionnaire-based methods to investigate the customs of local community members.

In addition to surveying the diversity of the Ottawa Jewish community, Butler noted that the project will also address many of the issues raised by the recent Pew Research Center Survey of U.S. Jews.

"The Pew survey has aroused considerable interest in the Jewish community on the relationship between practice, identity and Jewish continuity ... [and] the report faced some challenges about defining and tracking Jewish identity and practice that we share," Butler said.

"Oral history research, where researchers speak to individuals about their own personal histories, will allow us new entry points for thinking about these

questions. These histories contribute to a growing archive of personal narratives that can be studied by future researchers."

The resulting data will be housed at the Ottawa Jewish Archives and made available to the public. Ideally, students will ultimately present the research at scholarly conferences and publish it in peer-reviewed publications. The goal as the project progresses is to extend it across Canada.

"The Jewish community – in Ottawa, Canada, North America and around the world – is changing in critical ways that we have yet to fully grasp. As researchers, my students and I will be focused on developing a more nuanced account of the relationship between Jewish practice and Jewish identity in the Canadian context," said Butler.

"With current data about practice and a richer understanding of the motivations behind that practice, communal institutions can make more informed and strategic decisions."

Butler won the 2012 Teaching Achievement Award at Carleton University for the course's proposal. The project is being supported by funds from the award, as well as by the Zelikovitz Centre for Jewish Studies and its Developing Future Leaders Program.

Diverse community participants, who are willing to be interviewed by undergraduate students, are needed. Those interested should contact Butler at deidre.butler@carleton.ca as soon as possible.

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Hillel Ottawa: Canada's best kept secret

Ottawa? Who even goes to school in Ottawa?"
"Are you really going to Ottawa?"

As a Jewish girl from North York, that's what I heard when I told friends I was venturing off to Canada's not-so-far-away capital city. Many of my friends seemed to think that Queen's, Western or McGill were the only choices for Jewish teens wanting to go away for university.

"What's that? There are other universities that stretch beyond those pre-determined options?"

My younger brother is now in his final year of high school. When he has friends over for Shabbat dinner, my family is sure to ask them about their plans.

"So, where are you thinking of going to school next year?"

"Oh, you know, Queen's, Western, McGill."

While there is nothing wrong with those very reputable institutions, I want to let you in on a secret.

There are other choices. I decided to stray from that typical three-school boundary, and it's been nothing but rewarding.

Canada's beautiful capital holds the key to any Jewish girl's fantasy. This city is ripe with opportunities to meet the

ARIELLE ELLIS GUEST COLUMN

Jewish boy of your dreams, make new friends, expand your horizons, get involved politically and have your pick of some of the best internships. If any of that sounds appealing, I see no reason why this isn't the place for you.

Be it the University of Ottawa or Carleton University, you're making the best decision possible. Don't even think twice about it: we're the right fit.

"But, do Jews even go to Ottawa's universities?"

Oh, do we ever! And, while we may not have the largest Jewish student body – at least not yet – it's definitely close-knit.

In 2012, I came to the University of Ottawa with incredibly low expectations. I was closed off socially, thinking, "I'm here strictly for my program and, whenever I'm bored, I'll make the hour-and-a-half trip to Queen's University in Kingston to visit my friends."

I knew absolutely nobody. I came here for the city and for the program I wanted



Ottawa is a great place for Jewish university students, says Arielle Ellis.

at uOttawa. It never occurred to me that, one year later, I would be the city-wide president of Hillel Ottawa.

During my first week of settling into this new environment, I found myself missing my fellow MOTs (Members of the Tribe). My mom, who naturally subscribed to Hillel Ottawa's newsletter almost a full year before my arrival, informed me of Hillel's annual welcome back barbecue. And, as any good Jewish mother would, she insisted I go at least for a little bit and see what Hillel is all about.

Little did I know it was a choice that would define the rest of my university career.

I arrived at the barbecue skeptically as a reluctant first-year, expecting a socially awkward and uncomfortable evening of small talk.

I could not have been more wrong.

Seconds after my arrival, I had already been warmly greeted by students who were genuinely happy to meet me. They welcomed me into their group of friends and took me under their wings. It was uncanny how friendly and down to earth everyone was.

I showed up to the barbecue alone and I left with new friends. It was a turning point in my university experience. The friends I made there, and have made since, are genuine, warm, and also diverse.

Hillel Ottawa provides more than just a Jewish social experience. Its student body creates a family atmosphere where everyone and anyone are welcome.

Now, I am incredibly proud to say I am the student leader of the organization

that makes that possible. I know how Hillel shaped my social life here in Ottawa. At every event we have, be it our Shabbat dinners, hot lunches, formals, Chanukah Ball, Jews and Brews, Jews and Java, speed dating, or any of the other events we put on throughout the year, I know there is always someone there in the same place as I was when I walked into my first Hillel barbecue, and we consistently put forward our best effort at making everyone feel welcome.

As a bonus, we also partner with the Chabad Student Network (CSN), a rarity at Canadian universities today. Sharing events with CSN opens our student network further and provides students with more opportunities to meet new people and engage in more culturally Jewish activities.

You don't have to be religious to come to Hillel events. You just have to be open to new experiences and meeting new people.

That's the reason we have these events – to give each student the same chance I had to turn around their university experience.

Are you a Jewish student at uOttawa or Carleton who hasn't yet connected with Hillel Ottawa? Or are you thinking about going to school here? Then come pay us a visit. Or send me a message at aelli035@uottawa.ca. I would personally love to speak with you and tell you more about my university experience and about Hillel Ottawa.

Arielle Ellis is the city-wide president of Hillel Ottawa.



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Temple Israel celebrates its seven 'miracles'

BY PAUL MCKEAGUE
TEMPLE ISRAEL

Fourteen years ago, some graduates of Temple Israel's adult b'nai mitzvah class had their big day, chanting and interpreting the Torah and Haftarah in front of the congregation and proud members of their families. Celebrating this milestone in adulthood rather than adolescence had made it all the more sweet and meaningful. But, as they celebrated their accomplishments, a question loomed over many of the bat mitzvah women: What next?

Studying Torah in Rabbi Steven Garten's class had whetted their appetite for more study. With the class over, 10 graduates decided to keep studying together and began meeting about once a month on Sunday mornings to continue their exploration of Torah.

Even now, seven members of the original group continue their Sunday morning study sessions and, on December 14, the women returned to the bimah to chant and interpret the weekly Torah portion and Haftarah as Temple Israel celebrated their commitment to Jewish learning and the power of Torah to illuminate their lives.

Rabbi Garten said the women are the kind of people who "light the lights of any community" and set examples that inspire others. "Jews don't believe in miracles, but we depend on them," he told the women. "You are our miracles. We depend on you. You remind us of the power of Jewish community and Jewish study."

The group has been on "a journey of learning and friendship and accommodation," said Hannah Halpern. "We all worked, have families, but we managed to find time together to study. I think it is due to a complex interaction between the attractiveness of the content of our study and of the blessing from being together in the study of Torah."

"In each session, we marvel that the lessons of Torah, thousands of years old, still apply today," Linda Rossman told the congregation. This was borne out in the parsha they interpreted at the Shabbat service, which included the reconciliation of Joseph with his brothers who, many years earlier, sold him into slavery.

As they chanted the parsha, the world was mourning the death and celebrating the life of Nelson Mandela.

"Like Joseph, Mandela spent many



A women's study group at Temple Israel, together since their joint bat mitzvah 14 years ago, returned to the bimah, December 14, to chant and interpret the Torah and Haftarah readings. (Standing, from left) Linda Rossman, Linda Slotin, Sue Gold, Janet Cohen; (seated) Sheila Baslaw, Hannah Halpern and Merle Haltrecht-Matte.

years in jail but, upon his release, expressed only forgiveness to those who had imprisoned him," said Rossman. "He reached out to his brothers and sisters of South Africa and, in so doing, he saved his nation."

She quoted Rabbi Warren Goldstein, the chief rabbi of Johannesburg, who said that, in Mandela, "we found our

modern Joseph."

Rabbi Garten noted that none of the seven women had had a bat mitzvah at 13 and one hadn't grown up Jewish.

Merle Haltrecht-Matte came from a traditional home where having a bat mitzvah was something "girls just didn't do," she said.

Her daughter Arianne also didn't have a bat mitzvah at 13. But, at age 20, she joined her mother in Rabbi Garten's class. Mother and daughter celebrated their bat mitzvahs together and, prior to moving to Toronto, Arianne was part of the study group.

Having a bat mitzvah, said Haltrecht-Matte, "made my life different." She began to feel a greater sense of belonging at Temple Israel and now sits on the board of directors.

Over the years, these women's friendships have deepened.

"We have become study *shvesters*," said Sheila Baslaw. "We have listened to each other, laughed, celebrated and learned together – a blessing we hope to carry on into the future."

Musica Ebraica to present 'bar mitzvah' concert

BY PATSY ROYER
MUSICA EBRAICA

Musica Ebraica invites the community to celebrate our 13th year of singing Jewish choral music as we present *Songs of Israel – Old and New*.

Under the direction of conductor Gloria-Jean Nagy, the choir will present an afternoon of selections in Hebrew that will transport you from the midwinter doldrums and into Israel's golden landscape.

Part of the concert will consist of familiar toe-tapping favourites like Hava

Nagila" and Sisu et Yerushalayim" in innovative arrangements that remind us why we love those pieces while highlighting the musicality of such composers as Joshua Jacobson, Yehezkel Braun, Charles Davidson and Isadore Freed.

We will be performing "Five Hebrew Love Songs" by Eric Whitacre, a Grammy-winning composer and conductor who wrote these gentle and thought-provoking melodies to words written by his Israeli wife, soprano Hila Plitmann. Add to that a few lively Sephardic and Yemeni selections, some pieces performed separately

by the women and men of Musica Ebraica, five instrumentalists adding to the beauty of the music, and our "bar mitzvah" celebration will be complete!

The concert takes place Sunday, February 9, 2:30 pm, and there is ample parking near Temple Israel, which is also wheelchair accessible. Tickets will be available at the door at \$20 (adults) and \$10 (students). The concert is free of charge for children 12 and under.

Following the concert, there will be light refreshments and time to mingle with members of the choir.



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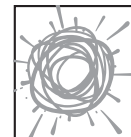
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Thursday, February 6, 2014 7:00 pm

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 **SolowayJCC**

New threats, new opportunities: Israel in a changing Middle East

A lecture by Dr. Jonathan Spyer

Thursday, January 30

7:00 pm, Soloway JCC

Free admission



Dr. Jonathan Spyer is a senior research fellow at the Global Research in International Affairs Center in Herzliya, Israel, and a fellow at the Middle East Forum. He is the author of *The Transforming Fire: The Rise of the Israel-Islamist Conflict* (Continuum, 2010) and a columnist at the *Jerusalem Post*. Dr. Spyer holds a Ph.D. in International Relations from the London School of Economics and a Masters Degree in Middle East Politics from the School of Oriental and African Studies in London.

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Harper visit an opportunity to broaden Canada-Israel relations

Today, Canada is widely regarded as one of Israel's best friends and closest allies, a category that includes traditional Canadian allies like Australia and the United States. This deepening relationship is the result of unprecedented political goodwill in Canada, which transcends party lines on Parliament Hill. Prime Minister Stephen Harper's decision to visit Israel this month – the first sitting Canadian prime minister to do so since the Chrétien era – is the next logical development in Canada's relationship with Israel.

Strong bilateral relations and clear Canadian support for Israel on the world stage have translated into a higher profile for Canada in the Jewish state. Canada is increasingly respected and listened to in Israel, a phenomenon noted on both sides of the Green Line such as when Palestinian officials suggest that Canada is better placed than ever to play a productive role in the peace process.

From the perspective of Canada's Jewish community, the challenge is to capitalize on this tremendous goodwill – as exemplified by the Harper visit – to broaden bilateral relations to exciting new areas beyond politics. Our goal should be to turn current positive political relations into an even more dynamic, multifaceted and mature partnership between these fellow democracies.

We must emphasize, first and foremost, that Canada-Israel ties are mutually beneficial. In addition to regional intelligence and insight Israel has to share with Canadian officials, particularly post-Arab Spring, the Jewish state, through science, technology and trade, offers significant opportunities for Canada.

The two countries' respective strengths are well matched and complementary. The signing of an Energy Co-operation Agreement in 2012, for example, links Canadian energy expertise with Israel's nascent energy sector (which has further developed following the recent discovery of natural gas deposits off the Mediterranean coast). Energy extraction and green energy research are just two niche areas in which both countries, through close co-operation, will emerge more prosperous.

Momentum is also building on Canada's university campuses – the training grounds of the next generation of Canadian leaders in business, government and academia. Last summer, the Centre for Israel and Jewish Affairs (CIJA) was pleased to co-host a mission of Canadian university presidents to Israel during which an accord was signed between the Association of Universities and Colleges of Canada (AUCC) and its Israeli counterpart. Under the accord, the AUCC will foster academic partnerships between its 97 individual member institutions, including the University of Ottawa and Carleton University, and Israeli universities.

To be sure, there is more to be done, particularly in light of the forthcoming renewal of the Canada-Israel Free Trade Agreement (CIFTA). Since its establishment in 1997, CIFTA has more than doubled trade between

SHIMON KOFFLER FOGEL GUEST COLUMN

Canada and Israel, but transaction volumes are still relatively modest. CIFTA's impending renewal presents our community with an outstanding opportunity to propel Canada-Israel economic ties to the next level. At this key juncture, it is critical to advocate for a substantial expansion of CIFTA, both in terms of volume and diversity of trade.

There is an important role for the Jewish community to play in ensuring the Canada-Israel relationship develops to its full potential. As the advocacy arm of Canada's Jewish federations, CIJA will be working to ensure that 2014 sees added momentum in this vital effort – particularly in the wake of opportunities emerging from the prime minister's trip.

I invite readers to get involved in advancing the Canada-Israel relationship through the Ottawa Local Partner Council, a joint CIJA-Federation body of community volunteers that takes the lead on all advocacy matters at the local level. To learn more, contact Francie Greenspoon at fgreenspoon@jewishottawa.com.

At the same time, be sure to email advocacy@cija.ca to request a copy of CIJA's forthcoming Biennial Report Card to learn about the range of issues and policies in which we have been engaged.

Although I am not one for New Year's resolutions, I encourage you to resolve that 2014 will be the year you get involved in whatever issue you find most motivating.

Shimon Koffler Fogel is CEO of the Centre for Israel and Jewish Affairs.



Shimon Koffler Fogel encourages readers to become involved in advancing the Canada-Israel relationship.

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Rabbi from Ottawa becomes a media sensation after finding and returning money

BY DIANE KOVEN

There is a more than a touch of irony in the fact that a young rabbi who grew up in Ottawa, and who unexpectedly came into a very large sum of money and chose to quietly “do the right thing” by returning it to its owner, has become somewhat of an international media star as a result.

Rabbi Noah Muroff – whose parents, Faigy and Zachary Muroff still live in Ottawa – teaches at an Orthodox school in Connecticut and purchased a second-hand desk after seeing an ad on *Craigslist*.

When he and his wife Esther got the desk home, they were unable to fit it through the door to the room that was to become a study. Knowing the desk had been purchased from Staples and assembled by the original owner, they decided to disassemble it and take it into the room in pieces. Lo and behold, when they removed a drawer, out fell a package containing cash – nearly \$100,000!

The honest rabbi quickly contacted the woman from whom he had purchased the desk and arranged to return the money.

While the incident happened a few days before Rosh Hashanah, Rabbi Muroff didn’t speak about it for several months. Only after consulting with Rabbi Schmuël Kamenetsky, a leading Torah scholar, did he decide there was value in going public to demonstrate the importance of doing the right thing.

“Going public” became much more than Rabbi Muroff had anticipated when the story went viral on the Internet. He was immediately inundated with calls, letters, emails and media requests from around the world.

Teachers have written him to say they have used his story in their classrooms, which is one of the most gratifying results for the rabbi who credits his own teachers for instilling Torah values.

“In addition to the great appreciation I have for my wonderful upbringing by my parents, I am also grateful to the many teachers I had in Ottawa, especially Rabbi Shaps, Rabbi Finkelstein, Rabbi Clinton and Rabbi Ben-Porat,” said Rabbi Muroff.

There have also been tangible rewards for the honest gesture. The woman who had temporarily lost her money grate-



PHOTO: MARLENE SMITH

Rabbi Noah and Esther Muroff with their children (from left) Elisheva, Yosef Shalom, Pinchas Dov and Chana Raizel.

fully insisted on giving him a reward. Staples provided a new bookshelf to match the desk. A company called Honest Tea sent the Muroffs a year’s supply of their product and a summer camp in New Hampshire has offered to

enrol the Muroff children without charge.

“We feel we did the right thing and we are grateful to have been given the opportunity to do so and to inspire others to do the right thing as well,” said Rabbi Muroff modestly.

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Shabbaton to focus on preserving Sephardic heritage

BY ISAAC NAHON
SEPHARDI ASSOCIATION OF OTTAWA

The preservation of Sephardic heritage will be the focus of a Shabbaton, February 7 and 8, jointly organized by the Sephardi Association of Ottawa and the Ottawa Torah Centre Chabad (OTC).

The guest speaker will be Rabbi Yehuda Azoulay, founder of the Sephardic Legacy Series – Institute for Preserving Sephardic Heritage.

“We are pleased to be partnering with OTC in organizing this unique Shabbaton dedicated to our Sephardic heritage,” said Clemy Srour, president of the Sephardi Association of Ottawa. “We encourage people to register as soon as possible as space is limited.”

Rabbi Azoulay is a passionate scholar, educator, author and Sephardic historian. He has written five books and published more than 40 articles on Sephardic historical topics. An event he initiated, the Inaugural Tribute Luncheon Honoring the Contributions of Sephardic Jewry in America, was held in Washington, D.C. in November. The event brought Sephardic leaders from across the United States together to honour the contributions of Sephardic Jewry to that country.

The Shabbaton will begin with a traditional Sephardi Shabbat dinner on Friday, February 7 at OTC, 111 Lamp-lighters Drive. Rabbi Azoulay will speak on “Sephardic Contributions throughout History and their Impact on World Jewry.” Reservations can be made at www.ottawatorahcentre.com or by calling 613-843-7770.



Rabbi Yehuda Azoulay will present two lectures on Sephardic heritage during a Shabbaton at Ottawa Torah Centre, February 7-8.

On Saturday, February 8, following Shabbat services, Rabbi Azoulay will speak during a Kiddush lunch on “Sephardic Rabbinical Leadership throughout the Centuries.” While there is no charge for the lunch, advance registration with OTC by email to ottawatc@sympatico.ca is appreciated.

Among other activities being planned by the Sephardi Association of Ottawa is a look at a unique Sephardi community deep in the Amazon.

Anyone interested in the activities of the Sephardi Association should email ottawasephardiassociation@yahoo.com to be added to our mailing list.

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CHANUKAH 2013 | More pictures on pages 20 and 29



Merivale High School: Teachers and students celebrate Chanukah, December 2, at Merivale High School. (From left) Roxanne Nash, Lisa Nash, Irv Osterer, Michael Harr, Lauren Hollinger and Isaaca Rosenberg.



PHOTO: PETER WAISER

Chanukah Ball: Carol Kershman lights the candles as Suzi Shore Sauvé looks on at the Chanukah Ball sponsored by various congregations in Ottawa, November 30 at Congregation Beth Shalom.



PHOTO: HOWARD SANDLER

Ottawa Sephardi Association: Maya Benhamou lights the menorah along with other children while the Clemy Srour, president of the Ottawa Sephardi Association, sings at the association's Chanukah party, December 1, at the Shikkun Oz senior citizens residence.



Soloway JCC: Children participating in after-school activities at the Soloway Jewish Community Centre, seen here on December 3, gathered daily in the lobby to light Chanukah candles.



Tamir: Imam Mohammed Jebara and students from Cordova Academy, a Muslim school in Ottawa, celebrated Chanukah with Tamir participants, families, friends and staff at the Tamir Chanukah party, December 3, at Agudath Israel Congregation. The Tamir Neshama Choir delighted the crowd with their performances of Chanukah favourites.

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Our grandmothers, mothers and aunts get us!

Samantha Banks, director of Initiatives for the Emerging Generation at the Jewish Federation of Ottawa, discusses common traits shared by women and the emerging generation and suggests charities would benefit from addressing their concerns.

On November 6, the Association of Fundraising Professionals Ottawa Chapter's "Diversity to Inclusion" series held a conference on women and philanthropy. As I prepare to chair the "Next Generation" conference in March, I'd like to share some thoughts on how this conference opened my eyes towards realizing that women and the emerging generation are a whole lot alike.

People say that women and young adults are complicated, needy and emotional. While that may often be true, the way to our wallets runs through our hearts.

At the conference, it became apparent to me that women and the emerging generation share nine common traits:

1. We want to create a better world for our children;
2. We want to share with those who are

less fortunate;

3. We want to make an impression on our communities;
4. We like to see the impact of our gifts;
5. We give to many people, places and causes;
6. We hold our charities accountable;
7. We want volunteer opportunities that are challenging;
8. We like a balance of social and educational events;
9. We feel left out when we are not asked.

Women and the emerging generation thrive on the collective model of giving. Giving together and volunteering together in the amount and time we want is the recipe for sustained fundraising. Focusing as much effort on programming as on development will cultivate enough of a relationship to open the door for "the ask."

Another similarity is that both women and the emerging generation like to see the final product. We want to be educated on what needs to be done and where we need to focus our time. We want to use our talents and skillsets the best way possible. Sometimes, we do that by getting our hands dirty. Sometimes, it's by having our voices heard around the table and, sometimes, it's just by making a donation and getting a thank you note.



"Women and the emerging generation are the voice of philanthropy in the future," says Samantha Banks.

The emerging generation loves to spark change. We start a discussion, implement an action and deliver. And, guess what? Our mothers taught us that. Women and the emerging generation ARE the voice of philanthropy in the future. So, let's go charities! Now is the time to start investing in the complicated, needy, opinionated and emotional ones!

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CHANUKAH 2013 | More pictures on page 29



Chabad Hebrew School: Parents and students of Chabad Hebrew School celebrated Chanukah, December 1, with presentations, songs and treats.



CHW Amit Chapter: Dancers celebrate at Canadian Hadassah-WIZO Amit Chapter's Chanukah party.



JET: Carol JET's Jewish Women's Renaissance Project held a Chanukah cooking demo at the home of Lauren Shaps, December 1. More than 25 women learned how to make Indian latkes, vegetable latkes and doughnuts in the spirit of Chanukah! (From left) Bonnie Engel, Sam Freedman, Nikki Shapiro and Rochel Goldbaum.



Sens game: Several hundred people gathered in the lobby of the Canadian Tire Centre, November 28, between the first and second periods of the Ottawa Senators-Vancouver Canucks game to see Rabbi Menachem M. Blum light a nine-foot menorah. Dignitaries in attendance included (from left) Citizenship and Immigration Minister Chris Alexander, MP James Bezan, MP Bernard Trotter, Rabbi Blum, Spartacat, Ottawa Senators President Cyril Leeder, Israeli Ambassador Rafael Barak, Jewish Federation of Ottawa Chair Steven Kimmel, and Miriam Barak, wife of the ambassador.

PHOTO: PETER WAISSER



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Scholarship honours modest man of compassion and empathy

BY LOUISE RACHLIS

An award-winning 2010 graduate of the University of Ottawa Medical School, Matthew Ginsburg was in the second year of his psychiatry residency in Ottawa when he was diagnosed with cholangiocarcinoma.

He died of the bile duct cancer in May 2012, just five months later, at the age of 28, leaving behind a wife and two-month-old daughter, his devastated parents, brothers, grandparents and extended family.

His mother, Karen Ginsburg, described Matthew as someone who “lived every

day to the fullest with enthusiasm, compassion and empathy.”

He came from Grimsby, Ontario, to study, and “loved Ottawa and was very happy there,” she said.

He and his wife regularly attended Hillel Ottawa’s Shabbat dinners.

Diagnosed with ulcerative colitis at age nine, Matthew never complained about his chronic illness or let it define him.

His family recently established the Matthew Ginsburg Scholarship Fund at the Royal Ottawa Foundation for Mental Health.

The scholarship will be awarded “to a

psychiatry resident with a demonstrated interest in education or research, and who displays the attributes that made Matt the remarkable person he was.”

Matthew’s paternal grandparents were both psychiatrists, and his grandfather one of the leading child psychiatrists in South Africa, said Karen.

“Even though Matthew never knew him, it was in his blood to follow the same route.”

His aunt is also a psychiatrist.

“There wasn’t a person who didn’t take to him, he was so warm and open,” Karen said.

“He was one of those people who was such a good person ...

“Matthew was so modest, I’m sure he would find it hard to believe all the accolades he has had from all who knew him.”

It is the family’s hope “to reach endowment status with this fund so that it will perpetuate itself and Matt’s memory will live on forever in the legacy that he has left.”

Donations may be made to the fund by contacting the Royal Ottawa Foundation for Mental Health at 613-722-6521, ext. 6874 or foundation@theroyal.ca.



(Continued from page 21)

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Harper visit will reignite debate about Canada's roles in the Middle East

Israel's favourite world leader is finally visiting the Holy Land this week.

There's no doubt that Prime Minister Stephen Harper will be given a hero's welcome. No head of state in recent memory has been such a staunch and vocal supporter of the Jewish state.

But there's also no doubt Harper's visit will reignite the longstanding debate about Canada's diplomatic and political roles in the Middle East.

Critics of the Harper government and its close ties with the only democracy in the Middle East will lament the demise of Canada's mythical role as an "honest broker" on the world stage.

The fact that Canada has not really played such a role in decades doesn't seem to enter into the argument.

Nor does the idea that it's not a tragedy for a country like Canada to worry less about being liked and more about standing up for what is right.

In fact, it's a great step forward.

I should point out I have been invited to be part of the Canadian delegation for the official visit. I'll be paying my own costs.

At the time of writing, the itinerary has not been set. But Israeli media are reporting Harper will also visit Jordan and the Palestinian Authority during his four-day visit.

As a first-time visitor, Harper will likely be struck by at least two aspects of Israel that are impossible to fathom without having been there.

One is the size of Israel and its proximity to its less than friendly neighbours. Driving from Jerusalem, you



BARBARA CROOK
MY ISRAEL

hit the borders with Lebanon and Syria in less than three hours. Travelling along the highly populated, narrow strip of land between the West Bank and the Mediterranean, you can see why returning to the pre-1967 borders in a U.S.-brokered peace deal with a hostile and reluctant partner would be a security nightmare.

But I'm also confident Harper will get a true taste of the life force that is Israel. With enemies all around, with children giving up their youth for military service and knowing more about death and loss than Canadian kids could ever imagine, Israelis have made the decision to live life with vibrancy and joie de vivre that belie its constant struggle for existence.

Harper first went on the record as a strong supporter of Israel during the Second Lebanon War in 2006, when he stated that Israel's military action was a "measured response" to the kidnapping of Israeli soldiers.

In 2010, Harper said "the easiest thing to do is just simply to get along and go along with this anti-Israeli rhetoric, to pretend it is just about being even-handed, and to excuse oneself with the label of 'honest broker,'" then dared to support Israel unconditionally.

The Harper government's most recent – and controversial – stand with Israel was Foreign Minister John Baird's announcement in November that Canada was "deeply skeptical" of a six-nation interim deal aimed at putting Iran's nuclear program on hold. This perspective was in line with Israeli Prime Minister Benjamin Netanyahu's pronouncement that the deal is an "historic mistake."

The resulting outrage from the usual suspects over Canada's position would have been humorous had it not been so pathetically misguided.

Why are otherwise intelligent people so eager to embrace a deal – any deal – with a regime that has shown absolutely no goodwill, integrity or progression since 1979? And, why is it considered "dangerous" for Canada to express doubt over an agreement that is based more on wishful thinking than any concrete evidence of change?

It's important to note Canada's vocal support of Israel and its democratic values does not mean blanket acceptance of every Israeli policy. Days after Canada stood with Israel to oppose a Palestinian bid for statehood at the United Nations in December 2012, Harper criticized Israel's unilateral plans for settlement expansion east of Jerusalem, saying it would hinder the peace process.

And Canada can challenge the incitement and duplicity of the Hamas and Palestinian Authority (PA) leadership without abandoning the Palestinian people. Indeed, Canada continues to help the PA with humanitarian and economic aid, capacity-building and programs to improve law enforcement and justice.

As a true friend of Israel – supporting without question its existence and shared values, but willing to criticize the specifics of its policies – Canada can have a greater impact on the peace process than by standing on the sidelines, wringing its hands.

Welcome to Israel, Prime Minister.

New beginnings can start any time

Less than three weeks into 2014, the crucial question is being asked: Have you broken your New Year's resolutions yet?

For millennials and the emerging generation, some have an expectation that our goals and aspirations will not endure; that we are incapable of the necessary self-discipline and willpower to create positive changes in our lives.

That doesn't feel very good, does it?

As it turns out, how you feel – and how you want to feel – has a strong impact on whether you are actually going to keep your resolutions.

For those of you who have not kept your resolutions, or perhaps simply decided against committing to something bigger when the ball dropped, the good news is new beginnings can start at any time.

Michael Eisen, a Toronto-based entrepreneur said he thinks New Year's resolutions are great in theory, but most people do not see them through because they are not truly representative of what we really want.

"I believe the reason why resolutions aren't kept is because most of them are superficial and only scratch the surface of our true desires," the founder of the Youth Wellness Network said via email. "I believe that where the real magic lies is in setting New Year's intentions based on first discovering what our core feelings are."

What we truly desire, Eisen added, are the feelings we think our accomplishments, relationships and possessions will give us.

"We need to ask ourselves 'how do I want to feel this year' instead of what do I want to do this year," he said. "I suggest making a list of all the desired feelings you want. If that is too hard, think of all the things you want, then ask

yourself how you want to feel. Then write down what comes to you."

If goals are based on feelings, you will be more likely to follow through and put your intentions into action, Eisen said.

Eisen also makes the distinction between resolutions and intentions. Resolutions are focused more on achieving something, whereas intentions are flexible and "more of a state of being rather than doing" that allows the intention-setter to check in with him- or herself periodically to see if he or she is on the right track to happiness and well-being.

The great thing about making resolutions of any kind is that everyone's approach is going to be unique. Eisen said he sets "annual intentions" every year, but also more than once per year.

I try to teach myself one new, positive habit every three months so that I can embrace variety while not getting overwhelmed by a laundry list of changes I want to make. At the end of the year, I have four new routines that help me to live a healthier, happier life.

Consider making resolutions even twice a year: once for January 1, and again for Rosh Hashanah. We have different concerns at different times of the year, and our life experiences can drastically change our priorities from one day to the next.

"I think it works to check in with yourself a few times throughout the year to make sure everything is still



MONIQUE ELLIOT
EMERGING GEN

aligned," Eisen said. "I personally haven't done this during Rosh Hashanah before, but I love the idea of doing it then as well!"

In many ways, setting intentions for the year in the time leading up to – and during – Rosh Hashanah is a great way to embrace the mitzvah of teshuvah, returning to your true essence as a Jew and discovering what matters most to you.

"In order to set goals that are aligned truly with our inner desires, we need to connect internally first," Eisen said. This can be true for our family relationships, faith, or academic, athletic and social aspirations.

"The big thing is an idea without action is useless – but an idea [plus] action is where the biggest growth occurs and where our desires truly become our reality!"

When do you make your New Year's resolutions? What kind of resolutions did you make? It's always acceptable to reflect, redirect and refocus at any time.

By the way, speaking of new beginnings: Hi! My name is Monique Elliot, and I'm the *Ottawa Jewish Bulletin's* new *Emerging Gen* columnist. Let's work together this year to get at what's most important to Ottawa's Jewish millennials.

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Pass the shortbread: revisiting the December dilemma

Here at *Values, Ethics, Community*, I'm crawling out from under the best of the season to revisit the December dilemma. Since I last wrote about the topic, the Pew Research Center Survey of U.S. Jews revealed that one in three American Jews have a Christmas tree in their home. Among intermarried Jews, the number climbs to 71 per cent.

Certainly, this is largely a function of intermarriage, given that only seven per cent includes Jews with a Jewish spouse. Still, to understand the trend toward Jews celebrating Christmas, we might want to pause to consider this past season's most overused neologism: Thanksgivukah. When I visited the Jewish Museum in New York in December, I was reminded of the ubiquity of this year's double-holiday oddity in Jewish America, where the famous plaster Turkey chanukiyah – issued for this year alone – sat on the sale shelf.

As the Thanksgivukah craze was cresting, I found myself getting annoyed: a sure-fire sign that something was nagging at my unconscious. I soon realized that part of the driver of my annoyance was surely a not insignificant helping of envy. And why envy? Because nothing in the Canadian Jewish culture comes close to the experience that American Jews (and Muslims, Christians and Buddhists) get to have each November.

There is something so festive and charming about an entire nation's inhabitants criss-crossing the country to meet at each other's dining room tables adorned with a roast bird served alongside the best of the autumn bounty. The idea that the holiday is non-religious means that everyone is encouraged to partake. Sure, we have Canadian Thanksgiving in mid-October, but the inclu-



MIRA SUCHAROV
**VALUES, ETHICS,
COMMUNITY**

siveness and passion of our version pales in comparison.

In an alternate universe, or perhaps even in a few decades, maybe Christmas in North America will resemble American Thanksgiving in its pan-cultural significance. Already, according to Pew, nine out of 10 Americans celebrate Christmas, while only half of Americans see Christmas as *mostly* a religious holiday. Startlingly, the vast majority of non-Christians – eight of 10 – celebrate Christmas. Of course, there is nothing inherently Christian about cooking a Turkey or sipping egg nog. And the Christmas tree is usually considered to be more pagan in its origins than Christian. In its entry on Christmas trees, *Wikipedia*, citing the *Encyclopedia Britannica*, suggests the evergreen was used by several ancient cultures, including the Hebrews, to symbolize eternal life.

But, since that is what the majority faith-culture does, the Jewish minority tends to seek to remain distinct by not partaking. Or at least that is what our community leaders have taught us. Giving up Christmas has long been considered a fundamental attribute of conversion to Judaism, for example.

One children's book author and illustrator offers a different take. On my blog at *Haaretz.com*, I recently

wrote about my friend Selina Alko, a Brooklyn-based children's book illustrator, whose latest work, *Daddy Christmas and Hanukkah Mama*, portrays an intermarried couple who provide a distinctly blended holiday tradition for their children. Daddy puts latkes out for Santa as he stuffs the turkey with cranberry kugel stuffing. Mama makes sufganiyot and fruitcake for dessert.

Many Jews may take issue with the idea that Jewish traditions should be mixed and stirred with Christian ones. But, when looking for adjectives in my *Haaretz* piece, I threw in the word "sacred" as a prefix for these symbols. One reader called me on it.

She was correct that neither latkes nor fruitcake are considered sacred in any meaningful sense. This then leads me to wonder whether the most prominent markers of Jewish tradition aren't actually mostly secular, while Judaism's sacred aspects are less visible and thus less commonly acknowledged. Is the sukkah sacred? How about hamentaschen? Purim costumes? An etrog and lulav? Sheets of matzo? A break-the-fast meal? Or is the sense of family and togetherness, covenant and intention a better marker of sacred pursuits?

If the way most Jews celebrate Jewish holidays and mark Jewish traditions does tend to centre on candles and food, costumes and stories, then will we be much worse off as a people if we eventually cook fusion cuisine and dip into multiple narratives? I don't yet have answers, but I wouldn't mind a second helping of shortbread in the meantime.

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

Preventing winter weight gain

Why do we tend to gain weight in the winter and how can we avoid it?

During the cold, dark months – usually from November until April – we spend more time indoors. That means we're less physically active. This December, before winter even started, it was minus 29 degrees Celsius and we had a lot of snow. I only saw a few die-hards cycling and jogging in that bitter cold. Admittedly, I was not one of them.

In the summer and fall, many people like to go out for an evening walk or a bike ride around the neighbourhood. During winter, when it's dark by 4 pm, we're more inclined to get cozy in front of the fireplace or watch TV. With TV comes mindless eating and, because we're not as active, we don't burn off the extra calories.

When it's cold, we tend to seek comfort foods to elevate our mood. Summer salads may be replaced with high-caloric, fatty and carb-based meals. December is a month of holiday parties. If we're not careful, the festive meals, extra alcohol and sweets can add a few pounds.

Fewer hours of sunlight means we get less vitamin D. Low levels of vitamin D may contribute to adipose fat storage.

Our moods can also be affected by the weather. We may experience the winter blues and feel listless or

disinterested in normal activities. Most people can continue to function well overall, whereas others experience a type of clinical depression called seasonal affective disorder (SAD). If you have SAD, you should seek help from a mental health professional.

There are many things we can do to prevent winter weight gain, and to improve our mood and energy levels. One option is to break up winter by taking a vacation to a warm, sunny place, but not everyone has that luxury.

Another option is to embrace winter by engaging in outdoor physical activities on a regular basis. Downhill skiing and snowboarding are fun, but they require a trip to a ski hill. There are many activities you can do that don't involve the expense of a lift ticket, or the time commitment of a half or full day. Here are some suggestions:

- Ice skate on Ottawa's famous 7.8-km-long Rideau Canal or at your neighbourhood rink;
- Cross-country ski or snowshoe on a local trail. For example, try the Pinhey Forest Trails (3.2 and 3.5 km), which are located behind the Nepean Sportsplex;
- Run. Ensure you wear highly visible clothing and pay attention to the traffic, especially if you run on the roads.
- Walk. A brisk walk, even a short one, will energize you.
- Toboggan or make a snowman. You don't have to be a child to enjoy the thrill of tobogganing. Put the concept of play back into your life. Pulling your toboggan back up the hill or rolling a large snowball is an excellent cardiovascular workout.

Whatever activities you choose, dress appropriately. A lot of our body heat escapes through our heads, so wear



GLORIA SCHWARTZ
**FOCUS ON
FITNESS**

a hat or hood. Our faces, noses, fingers and toes are most susceptible to the cold. Prevent frostbite with warm or multi-layered socks and mittens and cover as much of your face as possible on very cold days.

If you have a condition that puts you at an increased risk for falling or fractures or you can't tolerate extreme cold even when dressed accordingly, you may want to avoid outdoor activities during winter. Swim some laps in your community centre's indoor pool, and enjoy the hot tub or sauna. Do some mall walking with a friend. Practise your golf swing at an indoor driving range. Hit the gym for a solid workout or take a fitness class.

Whatever you do, try to get a few minutes of fresh air and sunshine daily. If that's not possible, ask your doctor if you could benefit from a light therapy box or vitamin D supplements.

Examine your winter eating habits and identify one or more areas for improvement. If you've already gained a few pounds over the holidays, don't give up. A few dietary changes, such as limiting snacking while watching TV can have a positive impact on your weight.

If you stick to a healthy lifestyle most of the time, you won't have to buy a whole new wardrobe in the spring. That's a good thing – unless shopping is your favourite sport.

Gloria Schwartz is a personal trainer at the Soloway JCC.

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Alyce and Allan Baker by Rick and Helen Zipes; and by Myra and Lester Aronson.

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In Memory of:

Pearl Torontow by Cayla and Michael Baylin.

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R'fuah Sh'leimah to:

Carol-Sue Shapiro by Martin and Ellie Black.

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In Memory of:

Pearl Torontow by Cynthia and David Blumenthal.

Evelyn and Norman Potechin by Cynthia and David Blumenthal.

Condolences to:

Sandra Miller on the loss of a dear mother by Cynthia and David Blumenthal.

Jim Lynch on the loss of a dear mother by Cynthia and David Blumenthal.

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In Observance of the Yahrzeit of:

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Lee Steinberg by Sandi and Eddy Cook and family.

Snookie Greenberg by Sandi and Eddy Cook and family.

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Alicia Starr by Sandy and Eddy Cook and family.

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NATHAN AND REBA DIENER ENDOWMENT FUND

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Miriam Weiner by Joel and Barb Diener.
Barry Davis by Reba Diener; and by John and Dayra Diener.

Morris Diener by Reba Diener; and by John and Dayra Diener.

Birthday Wishes to:

Artie Dean by John and Dayra Diener.

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Gary Steinberg by Bernie and Donna Dolansky.

Pearl Torontow by Bernie and Donna Dolansky.

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Marcia Dworkin by Cynthia Engel and family.
Pearl Torontow by Cynthia Engel and family.
Syd Greenberg by Cynthia Engel and family.

In Appreciation to:

Cynthia Engel by Stephanie Engel, Eric and Annette, Aubrey Everett and Chad Engel.
Joshua Engel by Stephanie Engel, Eric and Annette, Aubrey Everett and Chad Engel.

BARBARA AND LEN FARBER ENDOWMENT FUND

In Memory of:

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Brian and Debbie Aarenau by Shelley and Andre Engel.

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Carol-Sue Shapiro by Alfred and Kaysa Friedman.

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Pearl Torontow by Gary Goldfield; and by Morley Goldfield and family.

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Sandy, Danny and David Globerman on the loss of a dear mother by Yaffa and Sheila Beck.

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Cynthia and David Blumenthal by Dena Gosewich.

In Memory of:

Louise Wolfe by Herb and Dena Gosewich.
Syd Greenberg by Herb and Dena Gosewich.

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Syd Greenberg by Max and Ellie Greenberg; and by Jerry and Lily Penso.

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Barry Davis by Debbie Ferkin.

Mazal Tov to:

Barry and Barbara Bokhaut on the birth of their twin grandchildren by Jody and Gary Roodman.

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In Observance of the Yahrzeit of:
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In Memory of:
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Miriam Weiner by Dorothy Hymes.
Eli Edelson by Dorothy Hymes.
R'fuah Sh'leimah to:
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Alan Ain, a dear brother, by Susan and David Kriger.

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Jeffrey Katz by Daniel and Marilyn Kimmel.
Sol Goldmaker by Daniel and Marilyn Kimmel.
Esther Ages by Daniel and Marilyn Kimmel.
R'fuah Sh'leimah to:
Carol-Sue Shapiro by Roslyn and Arnie Kimmel and family; and by Daniel and Marilyn Kimmel.

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In Memory of:
Barry Davis by Joyce and Milton Kimmel.

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Birthday Wishes to:
Jay Flesher by Myrna and Mike Waiser.

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In Memory of:
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Jeffrey Katz by Vera and Leslie Klein and family.
In Appreciation to:
Vivien and Gavin Silbert by Vera and Leslie Klein and family.

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Miriam Weiner by Sandra Zagon.
Gary Steinberg by Sandra Zagon.
Syd Greenberg by Fay Koffman,
Mazal Tov to:
Trish and Scott Gibbard on the birth of Zachary Edward by Sandra Zagon.
Karen Ginsberg and Ted Ramsay on the birth of their granddaughter, Charlotte Betsy by Sandra Zagon.
Condolences to:
Sandy Globerman on the loss of her dear mother by Sandra Zagon.
Alyssa Attias and family on the loss of a dear father by Sandra Zagon.
Gladys Bodnoff on the loss of her dear brother by Sandra Zagon.

KRANTZBERG KRANE FAMILY FUND

In Memory of:
Izzud-Din Pal by Myra and Sam Krane.
Gloria Krantzberg by Myra and Sam Krane and family.
Condolences to:
Susan and Oscar Lulka and family by Julia, Dan and Jake Krane.

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Mazal Tov to:
Maureen Katz on the birth of her grandson by Edith Landau.

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In Memory of:
Irene Leckie who passed away at the age 97 on November 27, 2013 by Robin Leckie.

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Birthday Wishes to:
Marjorie Feldman by Ron and Ruth Levitan.

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Elaine Scales by Sally and Elliott Levitan.
Miriam Weiner by Sally and Elliott Levitan.
Jean Lichtenstein by Sally and Elliott Levitan.

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Mazal Tov to:
Sharon Steinberg on the forthcoming marriage of Jory and Greg by John and Estelle Liberman.
Leah Steinberg on her granddaughter Jory's forthcoming marriage to Greg by John and Estelle Liberman.

JOSEPH AND JEAN LICHTENSTEIN ENDOWMENT FUND

In Memory of:
Jean Lichtenstein by Cynthia Cowan and family; by Jeffrey, Felice, Erin, Jordan, Zachary and Mitchell Pleet; and by Beth Bogner and family.
Lynn Abrams by Howard and Barbara Geller.

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In Memory of:
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Condolences to:
Sid Katz and family on the loss of a dear brother by Elissa Lieff and David Resnick

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In Appreciation to:
Roslyn and Arnie Kimmel by Larry Weisz.
In Memory of:
Pearl Torontow by Roslyn and Arnie Kimmel.

Continued on page 28

In Appreciation

We would like to thank all of our family and friends for their heartfelt condolences on the loss of our beloved Sol Goldmaker. Your thoughtfulness is appreciated and provided great comfort to the family.

Sybil, Judy, Lynn, Ariella and brother Sam



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Mazal Tov to:

Tina and Kenny Koffman on the birth of their new grandson by Rhoda and Jeffrey Miller.

In Memory of:

Syd Greenberg by Rhoda and Jeffrey Miller.

Condolences to:

Louise Sobel and family on the loss of a dear husband by Rhoda and Jeffrey Miller and family.

Michael Schwartz on the loss of a dear brother by Rhoda and Jeffrey Miller and family; and by Martin and Rickie Saslove.

In Appreciation to:

Jeffrey Miller for his service and dedication to GGFL by GGFL LLP Chartered Accountants.

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Marvin and Sandra Granatstein on Zev's recent Bar Mitzvah by Marilyn and William Newman.

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In Memory of:

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Louise Wolfe by Marilyn and William Newman.

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Oscar Kleinberg on the loss of a dear father and grandfather by Gordon and Penny Resnick.

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Tanya and Warren Shmultz on the birth and brit milah of Zecharia Yona, by Alti and Berel Rodal.

Mendel and Chana Raizel Sosonkin and Menachem and Shterna Rodal on the birth of Chaya Mushka, by Alti and Berel Rodal.

Ruth and AJ Freiman and Ariel and Matt on the birth of Ilse, by Alti and Berel Rodal.

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Jane and Gigi Mechlowitz and Anne and Tony Spieler on the marriage of Sophie and Woolfy, by Alti and Berel Rodal.

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In Memory of:

Menachem Wurzel by Anita Rosenfeld.

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In Memory of:

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Ian and Estelle Melzer on the birth of their granddaughter, Nava by Shirley Steinberg and family.

Condolences to:

Devorah Kolko by Shirley Steinberg and family.

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In Memory of:

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Syd Greenberg by Brent and Risa Taylor and family.

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In Appreciation to:

Lisa Rosenkrantz by Natalie Rosen and family.

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In Memory of:

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In Memory of:

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Gary Steinberg by Diane Wexler; by Carol Segal; and by Michael and Muriel Wexler.

Birthday Wishes to:

Diane Wexler by Sandy Marchello.

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In Memory of:

Pearl Torontow by Rick and Helen Zipes.
Geraldine Larocque by Rick and Helen Zipes.
Chris Gleeson by Rick and Helen Zipes.

THE WOMEN'S COLLECTIVE PHILANTHROPY PROGRAM

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

WOMEN'S COLLECTIVE ENDOWMENT FUND

In Memory of:

Pearl Torontow by Rhoda and Joe Levitan.
Sid Holtzkenner by Rhoda and Joe Levitan and family.
Elaine Scales by by Lynne, Bobby, Taryn, Eleni and Hart Wener; and by by Rhoda and Joe Levitan.

MICHAEL WALSH AND LISA ROSENKRANTZ ENDOWMENT FUND

In Appreciation to:

Stacy Goldstein on the birth of her daughter Elisheva by Shayna Lavi and Rhoda Levitan; and by the Women's Collective Philanthropy Program Committee Members.

THE SAUL AND EDNA GOLDFARB B'NAI MITZVAH PROGRAM

YITZHAK KAMIL MITZVAH FUND

Best Wishes to:

Susan Schendel by Ellie, Arie, Yoni, Yael and Itzy Kamil.

Viviane Ohana from Ellie, Arie, Yoni, Yael and Itzy Kamil.

Birthday Wishes to:

Louis Kardish from the Kamil family.

In Memory of:

Syd Greenberg by Ellie Kamil.
Raymond Fournier by Ellie Kamil.
Jeffrey Katz by Ellie Kardish-Kamil and Arie Kamil.

Jean Lichtenstein by Ellie Kardish-Kamil and Arie Kamil.

Mina Jankielewitz by Ellie, Arie, Yoni, Yael and Itzy Kamil.

In Observance

of the Yahrzeit of:

Rose Taylor by Ellie, Arie, Yoni, Yael and Itzy Kamil.

Mazal Tov to:

Arnie Vered on receiving the Ontario Medal for Good Citizenship by Ellie, Arie, Yoni, Yael and Itzy Kamil.

Rabbi and Rivka Finkelstein on Tani's marriage by Ellie, Arie, Yoni, Yael and Itzy Kamil.

R'fuah Sh'leimah to:

Clement Srour from Ellie and Itzy Kamil.

JOSHUA KOFSKY B'NAI MITZVAH FUND

In Memory of

Raymond Fournier by Liz, Jeff, Josh and Ben Kofsky.

LIEFF FAMILY B'NAI MITZVAH FUND

Mazal Tov to:

Rena Garshowitz on the birth of her daughter, Lyla by Francie Greenspoon and Norman Lieff.

In Memory of:

Syd Greenberg by Francie Greenspoon and Norman Lieff.

NOAH REICHSTEIN B'NAI MITZVAH FUND

In Memory of:

Gary Steinberg by Malcom and Vera Glube.

In Appreciation to:

Gerda Gottlieb by Noah Reichstein.
Nathan Abrams by Noah Reichstein.

Mazal Tov to:

Sandy and Mort Weinberg on the birth of their new granddaughter, Avery Sloane by Malcolm and Vera Glube.

In Appreciation to:

The OJCS Staff by the Reichstein family.

DAHLIA AND ZACHARY SHABSOVE B'NAI MITZVAH FUND

In Memory of:

Syd Greenberg by Adrienne and Chuck Shabsove.

Gary Steinberg by Adrienne and Chuck Shabsove.

R'fuah Sh'leimah to:

Maurice Borts by Sara Shabsove.

ARIELLE ZELIKOVITZ B'NAI MITZVAH FUND

In Memory of:

Raymond Fournier by Lenora, Evan, Noah and Arielle Zelikovitz.

Contributions may be made online at www.OJCF.ca or by contacting Erica Geller at 613-798-4696 extension 274, Monday to Friday or by email at tributecards@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.

CHANUKAH 2013 | More pictures at www.ottawajewishbulletin.com



OMJS: Students, teachers, parents, grandparents and friends celebrated, November 24, at Ottawa Modern Jewish School's intergenerational Chanukah party. (Rear, from left) Judy Weinman, Morrie Paul, Shaina Lipsey, (front) Ben Sterosta, Jake Sterosta and Sidney Lipsey.



Agudath Israel and PJ Library: Rabbi Barry Schlesinger (left) and Youth Director Malachi Handler of Agudath Israel read a story at the PJ Library-Agudath Israel Chanukah Party for families with young children, December 1, at Loblaws College Square. Cantor Jeremy Burko also entertained with a repertoire of Chanukah songs.

Trauma, identity and the transformative possibilities of empathy

What Do You Buy the Children of the Terrorist Who Tried to Kill Your Wife? A Memoir

By David Harris-Gershon
Oneworld Publications
332 pages

Every once in a while, a book comes along that captures the personal and emotional side of politics with the raw honesty that makes politics worth fighting for – or worth making peace for.

David Harris-Gershon's *What Do You Buy the Children of the Terrorist Who Tried to Kill Your Wife? A Memoir* is not for the faint of heart. Nor is it for cynics. Though, perhaps, paradoxically, it is precisely for both.

Harris-Gershon takes us through the horrifying weeks following the 2002 bombing of the cafeteria in the Frank Sinatra International Student Center at the Hebrew University of Jerusalem, where his wife, Jamie, was lunching with friends before an exam. The American Jewish couple had arrived in Israel two years earlier to study at Pardes, the liberal Yeshiva in Jerusalem, before going on to pursue graduate studies at the Hebrew University.

As the second intifada was heating up, David and Jamie had made a conscious decision to avoid taking buses. They lived in a state of alert, a state of mind which ultimately could not inure them to the will of a lone, murderous bomber – a Palestinian from East Jerusalem.

Harris-Gershon's detailing of the events is both above politics – his detailing of the capri pants Jamie was wearing is searing – and very much wrapped up in it. He lingers on the ceasefire agreement that nearly took hold before Israel allegedly launched a targeted assassination in the days leading up to the Hebrew University attack.

The act of terrorism, the fear it engenders, and the grieving it forces – two of their friends were among the nine killed in the blast – is only the beginning of David's journey. Back at home in the United States, David begins to research the bombing. His discovery of a reported



MIRA SUCHAROV BOOK REVIEW

statement of contrition by the bomber puts him on an obsessive search to meet the man who tried to murder his wife.

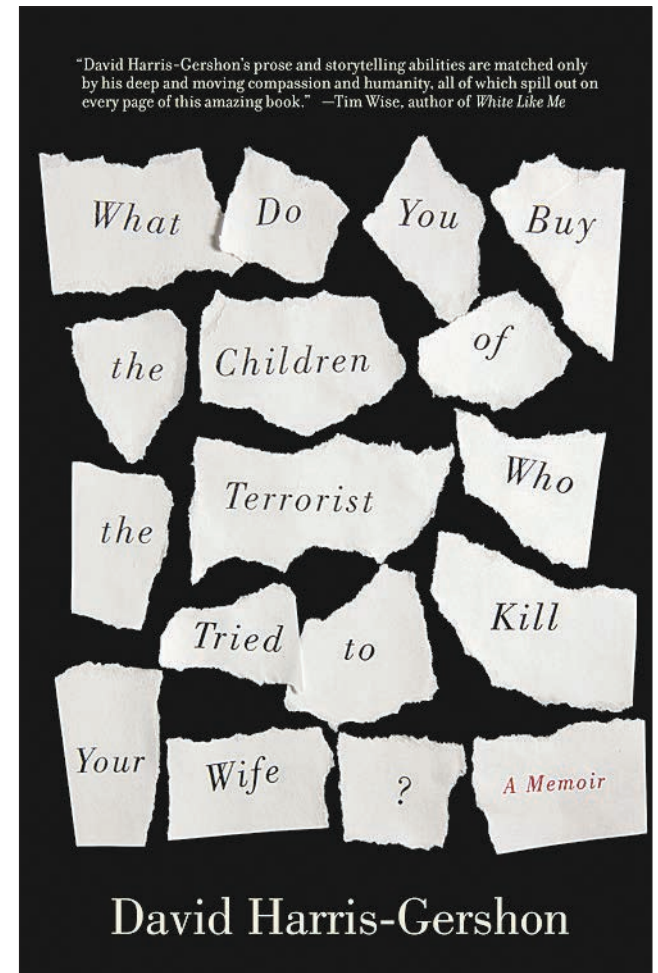
David's search leads him into the maze of Israel Prison Service bureaucracy, through to peace activists, and well-meaning academics. Ottawa readers who happened to attend the talk some months ago by Mordechai Kedar at Agudath Israel Congregation will be intrigued to discover that he, too, ends up playing a role.

Harris-Gershon reveals that a personal search such as this one is intrinsically embedded in a larger story.

"And here then was the definition of irony: becoming a victim, becoming a footnote to a footnote in the history of Jewish suffering, led me to consider for the first time the history of Palestinians, the history of those who were ostensibly responsible for our becoming footnotes," he writes.

The writing is crisp, honest and vulnerable, with the personal narrative interwoven with a decent degree of overview into some of the issues animating Israeli-Palestinian relations. (There are endnotes for those who are inclined.) A particularly illuminating segment involves Harris-Gershon engaging an article on the psychological dynamics of fear and reconciliation as he flies overseas to pursue his mission of trying to meet the family. One realizes that the role of an outsider – a Diaspora Jew who becomes an unwitting insider due to an act of violence – is a precarious place indeed, if one hopes to enact political change.

Is this a book about peace? Certainly, it is a book



about possibilities. David is realistic that his quest to encounter the *Other* is an act of activism that sits on the margins, at best, of the Israeli-Palestinian conflict.

Ultimately, it is a book about human experience, about the transformative possibilities of empathy, about trauma and identity, about seeking normalcy out of shock and about perceptions and misconceptions.

COMMUNITY MILESTONES | Celebrating significant milestones or events



▲ **Artist honoured:** At the official opening of the renovated MacOdrum Library at Carleton University, December 5, artist Ann Lazear was honoured for her original portrait, painted in 1957, of Murdoch Maxwell MacOdrum, Carleton's president from 1947 to 1955. Lazear (right) is seen with (from left) Premier Kathleen Wynne, granddaughter Alisa Lazear and daughter Ellen Gelman.



▲ **Torch Award:** Robert Krantzberg of Kiddie Kobbler St. Laurent receives the 2013 Torch Award for Marketplace Trust (Retail Category) from Diane Ladeluca, president and CEO of the Ottawa Better Business Bureau, November 28, at Tudor Hall.

Send us notices of your significant milestones or events and they will be published on a space-available basis. Email your photos and information to: bsilverman@ottawajewishbulletin.com

WHAT'S GOING ON | January 20 to February 2, 2014

FOR MORE COMMUNITY LISTINGS, VISIT JEWISHOTTAWA.COM AND SELECT 'CLICK TO SEE MORE MONTHS'

MONDAYS

Drop-In Playgroup for newborn to 3 years of age. 9 am.
Info: 613-798-9818, ext. 263.

TUESDAYS

Israeli Folkdancing: Learn contemporary Israeli dances. No partner required. 6:30 pm - Introductory Steps; 7 pm - Beginners and Requests; 8:30 pm - Intermediate and Advanced Requests. Ottawa Jewish Community School Gymnasium, 31 Nadolny Sachs Private.
Info: 613-256-6272.

FRIDAYS

Shabbat Drop-in. After playtime, recite blessings, sing songs, and enjoy a snack of challah and juice. 9:30 am.
Info: 613-798-9818, ext. 263.

TUESDAY, JANUARY 21

Open House at Ottawa Jewish Community School, 31 Nadolny Sachs Private, 9 to 11 am.
Info: 613-722-0020, email sl.levine@theoics.ca or visit <http://www.theoics.ca>.

THURSDAY, JANUARY 23

Motivational fitness workshop: Interactive workshops with fitness expert Gloria Schwartz aim to help identify and overcome fitness obstacles and to create an action plan, 7:30 to 9 pm.
Info: 613-798-9818.

THURSDAY, JANUARY 23

Jewish Federation of Ottawa Strategic Plan consultation for Jewish organizations, 7 to 9 pm.
RSVP: rabenhaim@jewishottawa.com

FRIDAY, JANUARY 24

Kabbalat Shabbat and Dinner:
The Glebe Minyan,
91A Fourth Avenue, 6 to 9 pm.
Info: 613-867-5505,
glebeminyan@gmail.com

SATURDAY, JANUARY 25,

Tot Shabbat for Grade 1 and younger. Agudath Israel Congregation, 1400 Coldrey Avenue, 10:30 am to 12 pm.,
Info: 613-728-3501

SATURDAY, JANUARY 25

Agudath Israel's Havdalah On Ice,
Centrepointhe Rink,
101 Centrepointhe Drive, 6:45 pm.
Info: youth@agudathisrael.net

SUNDAY, JANUARY 26

Inaugural OPEN rehearsal, Ottawa Youth Chorus for ages 8 to 17,, Agudath Israel Congregation, 1400 Coldrey Avenue, 4:30 to 5:30pm.
Info: youth@agudathisrael.net

WEDNESDAY, JANUARY 29

Jewish Federation of Ottawa Strategic Plan consultation for the Emerging Generation, 5:30 to 7:30 pm.
RSVP: rabenhaim@jewishottawa.com

FRIDAY, JANUARY 31

Shabbat 200: Join 200 young adults for a huge Shabbat dinner, The Rohr Chabad Student Network of Ottawa.
Register: www.shabbat200.org

SATURDAY, FEBRUARY 1

Seudah Shlishit Study and Dinner,
The Glebe Minyan, 19 - 612 Bank Street, 5 to 8:30 pm.
Info: 613-867-5505, glebeminyan@gmail.com

COMING SOON

MONDAY, FEBRUARY 3 & WEDNESDAY FEBRUARY 5

Jewish Federation of Ottawa Strategic Plan consultations for the community, 7 to 9 pm.
RSVP: rabenhaim@jewishottawa.com

SUNDAY, MARCH 9

"Schmaltz A Greased Purim," SJCC Purim shpiel directed by Pierre Brault, 7 pm.
Info: 613-798-9818, Ext. 254

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

CONDOLENCES

Condolences are extended to the families of:

Esther Ages
(née Rafal)
Joel Cohen
Barry Davis
Abe Farber
Elza Freilikh

Lawrence Gradus
Jacob Kingston
Mervyn McCarthy
Larry Schnider
Emanuel Shaps
Harold Shizgal

Rose Toytman
Ingrid Walker
Elizabeth (Betty) Yan,
Brampton
(mother of Joel Yan)
**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, etc. 274.
Voice mail is available.

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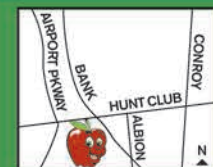
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www.jewishmemorialgardens.org



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Collecting Hockey
Equipment

CPR
Course

Extreme
Football
Tournament

Sing-a-long
at Hillel Lodge

Cards for Kids
at CHEO

Food prepping
at Shepherds
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Building community
one good deed
at a time

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8:45 am until noon.

Info or to get involved: Ariel at 613-798-4696 x 241 or afainer@jewishottawa.com



jewishottawa.com

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Together

