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French Catholic priest to share his story of uncovering Jewish mass graves

Father Patrick Desbois, Yom HaShoah keynote speaker, tells **Louise Rachlis** about his mission to find the unknown victims of the Holocaust.

‘We can't build a democracy on a mass grave," said Father Patrick Desbois, a Catholic priest from France, who has received several honours for his efforts to identify the mass graves of Jewish Holocaust victims, and for his dedication to further understanding between Christians and Jews.

Not to locate the mass graves and recognize the victims "undermines all our values," said Father Desbois, 58, in an interview from Paris with the *Bulletin*.

Father Desbois will be the keynote speaker at Ottawa's Yom HaShoah commemoration. He will also participate in a panel discussion about genocide.

See Father Desbois on page 4



Father Patrick Desbois, head of Yahad-In Unum, has devoted his life to fighting anti-Semitism. He will be in Ottawa on April 27 for Yom HaShoah and on April 28 for a discussion on genocide.

It depends who you ask: The state of kashrut in Ottawa

BY BENITA BAKER

Recent announcements affecting the availability of kosher catering for Passover and the restaurant at the Soloway Jewish Community Centre (SJCC) are raising issues about the stability of Ottawa's kosher food market.

For the first time in 53 years, Creative Kosher Catering has decided not to prepare kosher-for-Passover food – a decision that forced the cancellation of the annual Passover luncheon presented by Canadian Friends of the Hebrew University of Jerusalem.

And, after four years of operation at the SJCC, United Kosher Deli closed on March 27.

"Sales are down and costs are up," says Creative Kosher Catering's David Smith. "The price of meat has increased. The hourly rate of a mashgiach has increased. Families are smaller and demand for kosher food is declining. The community is not supporting us."

Although he cites personal reasons for closing the restaurant, as well as his United Kosher Catering business, owner Yudi Chein echoes Smith's observations.

"Less people are keeping kosher," he says. "I have not had a catering job since last August and not enough people come into the restaurant."

Does this mean the availability of kosher food in Ottawa is threatened?

It depends on who you ask. Kosher products are available at a number of stores in Ottawa, including the Walmart on Baseline Road, which has a small kosher section, and the fresh-baked bagels at Ottawa Bagelshop are certified kosher by the Ottawa Vaad HaKashrut (OVH). While the bagel store does not have a dedicated

kosher section, it does carry several prepackaged kosher products, as well as kosher-for-Passover products, brought in from Montreal.

The Metro on Greenbank is trying very hard to support kosher Ottawa, but it has not been entirely successful. While it reliably carries a large selection of Passover products annually, and has a small year-round kosher dry goods section, an attempt to expand its kosher offerings by including frozen chicken and other prepared foods failed.

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Kashrut: Sales of kosher products steadily increasing at Loblaw's

Continued from page 1

"It was discouraging," says store manager Cathy Sine. "No one was buying it and it was going in the garbage."

Everything baked, prepared and sold at the Rideau Bakery is kosher, including at its Rideau Street coffee bar, which is strictly dairy. But even this entrenched Ottawa business is experiencing declining sales, especially around holiday time.

"Ottawa Jews are losing tradition," says fourth generation general manager Louis Kardash. "We have not made special round Purim challahs for the last few years, and no one even asked why."

However, there are more kosher products than ever on the shelves at Loblaw's in College Square and sales have been steadily increasing, according to Jen Robillard, who has been managing the kosher department for five years. She says kosher sales represent 30 per cent of the store's weekly income. As the largest purveyor of kosher foods and the only kosher butcher in Ottawa, the store's chronic problem has been unreliable suppliers.

"We are at the mercy of our suppliers," says Manny Smiley, Loblaw's store manager. "The number of suppliers is limited, especially at Passover time, and there is not much we can do. I have been hearing that the Montreal and Toronto markets get the most and we get what is left."

A regular complaint about Loblaw's is that its prices, especially for meat and poultry, are too high. So some Ottawans regularly make the two-hour drive to Montreal to buy kosher food or have food delivered.

Loblaw's kosher manager Robillard disputes the allegations of high prices.

"I have regular customers who come here from Montreal because our prices are better," she says. "Our London broil roast is half the price of Montreal's and sometimes our kosher chicken is cheaper than non-kosher chicken."

If fewer families in Ottawa are keeping kosher, and those that do are not supporting local businesses, is the local



Rabbi Levy Teitlebaum, director of the Ottawa Vaad HaKashrut, talks about kosher food with an NCSY group of Jewish teenagers in the kosher section of the Loblaw's at College Square, November 27, 2012.

supply of kosher food at risk? Do we have an obligation as a community to support our local kosher retailers and caterers?

It harms the community when local businesses do not receive the support they need to stay viable, says Rabbi Levy Teitlebaum, director of the OVH.

"It is important to support our local establishments," he says, adding that "just being seen buying kosher is to set an example."

The trend toward smaller families means there are fewer simchas and, with fewer families keeping kosher, there are even fewer kosher simchas, according to Creative Kosher Catering's Smith, who does not have a single kosher wedding booked for 2014.

With fewer Jews keeping kosher, and with costs rising, how does a smaller Jewish community move forward and maintain kashrut as an intrinsic Jewish value?

"We need to be creative as a community so that we can maintain our community identity," says Rabbi Teitlebaum.

One of the creative solutions he is encouraging is self-catering for simchas: preparing your own food in the synagogue

kitchen under the supervision of a mashgiach.

"This is kosher for a changing generation," says Rabbi Teitlebaum. "A meaningful memory is created when the family prepares their own food for a bar mitzvah boy's simcha."

The rabbi also stresses that a kosher event does not necessarily have to be at a kosher venue. "I've never had a request that I had to turn down – even in the middle of a field," he says. "We will find a way to make it work."

The caterers suggest that synagogues and the OVH may have to re-evaluate their policies to determine if their fees are in the best interests of the kosher community.

"Don't blame the caterers for high prices," says Chein. "Synagogues are charging too much for room rentals and also charging breakage fees. Before taking into consideration the basic food costs, there are OVH licence fees and mashgiach hourly rates."

Even the local rabbis have some soul searching to do with respect to officiating at lifecycle events at non-kosher venues, which is becoming increasingly

more frequent.

"You see this more and more," says Smith. "The rabbi is the only one eating a kosher meal."

The kosher caterers are also looking to find ways to adapt to current realities. For Creative Kosher Catering, it means forgoing its long tradition of supplying kosher-for-Passover food.

"We will always be in the kosher food business," says Smith. "People will always want and need kosher food, but we have to go with the times. And, right now, the times do not justify us making Passover."

For Chein, closing up shop does not mean he is walking away. Rather, he is in discussions with a potential buyer for his catering business and plans to stay on as an employee with the new owner.

The local grocery stores are enthusiastic and extremely supportive of kosher Ottawa. The Metro on Greenbank is committed to enlarging its kosher clientele. This year, it has allotted more space and is offering more Passover products and would like to do this year round.

"People need to talk to us to tell us what they want in the store," says store manager Sine. "Otherwise, how can we know?"

While Loblaw's in College Square is unlikely to expand the floor space allotted to the kosher department, it is looking into the viability of creating a kosher café where customers can sit and chat while doing their food shopping.

"It's a great idea," says Loblaw's manager Smiley. "We just need to figure out the logistics."

Ottawa's kosher food providers do need to keep their businesses viable, but this is a small community and they can only be as accommodating as supply and demand allows. Rabbi Teitlebaum believes the slowing down of the kosher economy is a part of the business cycle, and not indicative of a permanent trend. But, ultimately, he says, as Jews redefine what it means to live a modern Jewish life, the kosher decision is not just personal – it is about community.

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CANDLE LIGHTING BEFORE

APR 11	7:23 PM	MAY 9	7:59 PM
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MAY 2	7:50 PM	MAY 30	8:21 PM

BULLETIN DEADLINES

APRIL 23	FOR MAY 12
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JUNE 11	FOR JUNE 30
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Eighth Day – April 21
after 8:39 pm

Play explores dangers of fixating on dark chapters of history

Monique Elliot talks to the playwright, director and cast members of *Corpus* as they prepare for the Holocaust-themed play's world premiere.

An Ottawa theatre company said it is setting out to prove it is possible to respect the realities of the Holocaust in the context of presenting great theatre.

The Counterpoint Players will present the world premiere of *Corpus* by Darrah Teitel, a play that has already won the 2007 Calgary Peace Prize, and the 2011 In The Beginning Jewish Playwrights contest sponsored by Toronto's Harold Green Jewish Theatre Company.

Set in 2004, *Corpus* follows the story of Megan, a young genocide scholar who discovers an intriguing relationship between a Polish Jewish prisoner in Auschwitz and the wife of a Nazi officer, while navigating her own pursuit of academic recognition and a relationship with an online lover.

Despite numerous workshops and table reads at the National Theatre School in Montreal, the University of Calgary, Nightwood Theatre in Toronto, the Harold Green Jewish Theatre and A Traveling Jewish Theatre Company in San Francisco, this will be the first full-scale production of Teitel's very personal project, despite its many public accolades.

For a writer whose scripts have mainly otherwise focused on feminism or sexuality, *Corpus* is the embodiment of Teitel's deep connection with her faith and the struggles of previous Jewish generations.

"It's about my Judaism and Holocaust

revisionism," she said in an email interview from Toronto.

"I guess that is sort of political, but mostly it's very personal. I would say that, of everything I've written for the stage, *Corpus* is the most personally meaningful play I've produced.

"That is probably why I never just threw it up on stage at a festival. I've been waiting for 10 years for this production, and it makes me very nervous, but I trust Bronwyn. I think it's a very personal play for her as well."

Counterpoint Players director Bronwyn Steinberg strongly echoed Teitel's sentiments. The production will be the result of a partnership between two women, who said they are determined to stay true to the script and tell the story of the Shoah in a respectful and meaningful way.

From the moment she read the script in the Winter 2012 issue of *Canadian Theatre Review*, Steinberg said she knew she would be the best person to direct the play.

"I could tell, just by reading the play, that our interests were very parallel," she said.

Steinberg said she initially approached Teitel to work with her on *Greek Culture*, a previous Counterpoint Players production, and then asked her if she could direct *Corpus*.

"I could tell right away, after getting to know Darrah, that I was coming at it from a similar [perspective], and I felt like she



Bronwyn Steinberg felt she would be the best person to direct *Corpus* as soon as she read the play in 2012.



Writing *Corpus* was a very personal project for playwright Darrah Teitel.

needed a director who gets it and who comes from a similar background to her," Steinberg said.

"I am fascinated by the way her script bravely explores the dangerous territory of fictionalizing and sensationalizing dark chapters in history," she said.

"Despite the fact that my own life experience has been so safely removed from the horrors of the Holocaust, like Darrah and other Jewish people in our generation, I have been deeply haunted and consumed by a third generation version of survivor's guilt that compels me to want to tell this story," she said in an email, while on tour in Eastern Europe exploring her own family's history and doing additional research for the play.

This confusing and consuming feeling of wanting to know more about the Holocaust separately disturbed yet linked both women as they each devoured as much historical literature as they could.

Teitel began writing the intensely personal script in 2004, and said her reasons for writing *Corpus* are strongly linked to her obsession with the Holocaust as a high school student.

"For better or worse, I became a teenage amateur Holocaust scholar and, as an adult, I have strange feelings of guilt and shame mixed into my academic knowledge of this terrible war," she said.

"I judged myself for wanting to know these evils so intimately. Writing *Corpus* was how I examined my relationship with the Holocaust," she added. "It was my way of expelling some demons and warning against the fetishistic fixation some of us have with dark history."

Corpus cast members said they want to

present an alternative to some of the Holocaust-themed films that have come out over the past decade.

"There have been a lot of films over the last 10 years that are sort of centred on the Shoah, the Holocaust, and it's become, in a funny way, entertainment. While they've all been pretty good films, it sort of belittles, in a way, that whole history of what happened by reducing it to a non-personal [story]," said *Corpus* actor John Koensgen.

"When I read the play, it completely surprised me because ... it's a wild play. It's a really wild ride, and it's incredibly theatrical. It's a fun piece that's also deadly serious. The story gets revealed to you" in flashbacks, dream sequences, fantasies and, perhaps, invented memories, Koensgen said.

"You think you know what the story is, but it turns out to be something else," he added.

Actor Laurie Fyffe agreed with Koensgen and said *Corpus* easily manages to respect the past successfully by focusing more on unique, personal stories and people's interpretation of events instead of heavily relying on the numbers, facts and indisputable events.

"In a sense, it honours their suffering in every respect, because it makes us understand how everyone in that historical stream was an individual," she said.

"It's one thing to manipulate and use the past," Koensgen said, "and another thing to respect the past."

Corpus will run from May 1 to 10 at Arts Court Theatre, 2 Daly Avenue in downtown Ottawa. Visit www.counterpointplayers.com for ticket information.



Actors Daniel Sadavoy (left) and Laurie Fyffe rehearse *Corpus* at an initial January workshop. Sadavoy, one of playwright Darrah Teitel's oldest friends, was the inspiration for his character, Heinrich.

Father Desbois: 'Graves will be protected forever'

Continued from page 1

In 2004, Father Desbois joined other leaders in France's Catholic and Jewish communities to found Yahad-In Unum – which means “together” in Hebrew and Latin – to further relations between Catholics and Jews.

Its largest and most ambitious initiative is to locate the sites of mass graves of Jewish victims of the Nazi mobile killing units, the Einsatzgruppen, in Ukraine and Belarus.

“The purpose of my organization Yahad-In Unum is to look for the victims,” he said. “We are not looking for the killers; we are looking for the victims.”

“In many genocides, we only remember the names of the killers. The Jews have given sanctity to the names of the victims so that we remember them.”

“We are now 23 full-time in my organization,” said Father Desbois. “I’m not alone now. All are younger than me.”

The organization receives many letters from families asking, “In which mass grave is my mother, in which grave is my uncle?” he said.

“My goal is to give back to the families so they can pray and say Kaddish on the mass graves. The second goal is to give back the Jewish victims to the Jewish people. The third one is to fight the Holocaust deniers.”

Yahad-In Unum has found evidence of mass graves in “village after village” and the organization has signed a contract with the American Jewish Committee so that “the graves will be protected forever and not desecrated,” he said.

“We are investigating the crimes of Hitler against the Jews ... [and] we have interviewed 3,800 neighbours who were present at the killings. They could look through the window. They were not collaborators. They were teenagers who ... saw everything.”

“They are now old and they want to

speak before they die. For the majority of them, it is the first time they speak. We have recorded all of them and it is accessible through our website.”

The immensity of the project is outlined in Father Desbois' book, *The Holocaust by Bullets: A Priest's Journey to Uncover the Truth Behind the Murder of 1.5 Million Jews*.

Father Desbois is currently director of the Episcopal Committee for Relations with Judaism, which is connected with the French Conference of Bishops. His interest in the Holocaust started at a young age because his grandfather, who helped raise him, was a French soldier who had been deported to the Nazi prison camp Rawa-Ruska during the Second World War.

His grandfather did not speak much of his time in the camp, and Father Desbois remained curious about the Holocaust and its Jewish victims.

He studied anti-Semitism at Yad Vashem and, later, Jewish religion and culture with Charles Favre, a leader of the Jewish community in France.

In 2002, Father Desbois travelled to Ukraine to see where his grandfather had been imprisoned during the war, and to pay respects at a memorial to the lives lost.

Upon his arrival, he was shocked to discover that not a single marking or commemoration to 1.25 million Jewish victims existed in all of Ukraine and Belarus.

In order to right that wrong, Father Desbois helped found Yahad-In Unum. The organization collects information about the mass killing of Jews and Roma in Ukraine, Russia, Belarus, Poland, Moldova and Romania between 1941 and 1944.

Often with the help of translators, Father Desbois himself conducts many

of the interviews with witnesses. Using metal detectors, he and his team have unearthed German cartridges and bullets from the pits where bodies were thrown, as well as jewelry belonging to the victims and other artifacts.

“I want to say to the young people, perhaps one day you will be a doctor, perhaps you will be a soldier or a journalist, and you will be in a country of genocide.”

“You must take a photo and send it to CNN or somewhere, and that's the way you will protect humanity ... There is a Russian proverb in all these countries that says the work is over when the last victim is buried. If we don't do this, in future we will have no evidence of this crime.”

This year's Yom HaShoah program, which will be held on Sunday, April 27 at 7 pm at the Soloway Jewish Community Centre, is a partnership of the Shoah (Holocaust) Committee of the Jewish Federation of Ottawa and the embassies of France and Israel. It is funded by a grant from the department of Multiculturalism.

Those partners will be joined by the Catholic Archdiocese of Ottawa and St. Paul University to present the panel discussion at St. Paul University, 223 Main Street, on Monday, April 28 at 5:30 pm.

Titled *Duty to Remember*, the discussion will explore a number of aspects of the Holocaust and genocide. In addition to Father Desbois, panellists will include University of Ottawa history professor Jan Grabowski, Rabbi Reuven P. Bulka of Congregation Machzikey Hadas, St. Paul University conflict studies professor Vern Redekop, and Emery Rutagony, a survivor of the Rwandan genocide and co-founder of the Rwanda Survivors Foundation. The moderator will be Naomi Azrieli, CEO of the Azrieli Foundation.



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Sunday, April 27: *Harvard Square*, by Andre Aciman, will be reviewed by Sophie Kohn Kaminsky, 9:30 am.

Sunday, May 11: *My Promised Land: The Triumph and Tragedy of Israel*, by Ari Shavit, will be reviewed by Rabbi Steven Garten, 9:30 am.

Passover Greetings to the entire community

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'Let's make every minute meaningful, thoughtful and purposeful'

Andrea Freedman, president and CEO of the Jewish Federation of Ottawa and the Ottawa Jewish Community Foundation, calls on members of the community to make their voices heard and to participate in the life of the community.

Lyrics from the play *Rent* are part of my personal sound track as I contemplate the beginning of my second year working on behalf of Ottawa's Jewish community.

"525,600 minutes. How do you measure, measure a year?"

Never before has a piece, which has taken me longer to write, had so many different beginnings, endings and middles. In fact, I may need a new delete button on my computer as a result of this article. Why? Because it is challenging to condense 525,600 minutes of learning, activity, success and failure, passion and commitment, and of thanks, into a few hundred words. I have therefore chosen a different approach and instead share how the experiences of both a former American president and Canadian Olympic hockey have important messages for our community.

Several months ago, Stephen Victor introduced me to "The Man in the Arena," a short speech delivered in 1910 by former president Theodore Roosevelt. (If it had been written today, let's hope it would have been called "People in the Arena.")

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the

arena," Roosevelt said.

Even now, so many years later, the speech remains relevant because it contains a timeless message to get involved.

On one level, you can get involved, simply by providing feedback. If an article or column in this issue of the *Ottawa Jewish Bulletin* moved you (good or bad), make a comment on the website (www.ottawajewishbulletin.com) or send a letter to the editor (bulletin@ottawajewishbulletin.com).

If you heard from your best friend's sister-in-law's dentist's cousin about a decision the Jewish Federation of Ottawa made and you have questions, let's talk. Don't deprive our community's leadership from hearing your concerns. Call me at 613-798-4711.

I am currently reading *To Sell is Human: The Surprising Truth About Moving Others*, Daniel Pink's book on the changing nature of sales. In it, he shows a sign from the owner of an Italian restaurant essentially telling customers "I need your help. If your service or dinner tonight was not up to your expectations, please let me know and here is my personal cell." In other words, things can only change when you have conversation with people who can make the change happen. Even better, make a decision to get involved and personally

affect outcomes. Become a person in the arena.

Why limit your role to feedback when there is so much work to do? If you have not done any Jewish learning as an adult, check out a class. And, if you enjoy it, tell a friend. If you play basketball in a municipal league, consider playing at the Soloway Jewish Community Centre instead. If it has been eons since you last attended a Shabbat service, check one out. If your last trip to Israel was in your teens, consider getting reacquainted with the wonders and complexity of modern day Israel. If you want to volunteer, try the Federation or any one of the 55-plus organizations in our Jewish community who would benefit from your time and expertise. In short, don't be a spectator and instead join those already in the arena trying to make a difference, trying to help our community shine even brighter and trying to lead a Jewish life.

And now, from a speech in 1910 to the February Olympics – which on the surface may seem like a complete non sequitur. Although the Olympics are so last month (actually, the month before last), I believe our community can learn valuable lessons from the Canadian Olympic hockey experience.

From the women, we learn every minute of those 525,600 we get each year

matters (particularly the last three minutes of a hockey game). If it is worth caring about, if something is worth fighting for – Ottawa's Jewish community is at the top of my list – keep striving, keep playing and stay positive.

From the men, we are reminded of the importance of team. The true brilliance of the Canadian men's team was that, when a group of exceptionally talented individuals work as one, great things happen. When we sacrifice our own individual aspirations and agendas, we do better. In fact, we are better.

Three important messages for our community:

- From Roosevelt – get involved;
- From the Canadian women's hockey team – it is never too late to make a difference;
- And from the Canadian men's hockey team – together is better.

Jewish community life is complicated and it is not always easy. But it is always interesting, rewarding and fulfilling.

For me, the last 525,600 minutes has been filled with learning, doing and striving to be my best.

As I look forward to the next 525,600 minutes, I am excited and enthusiastic about all that we can accomplish together.

Let's make every minute meaningful, thoughtful and purposeful.



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80th Annual General Meeting

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Wednesday, June 18, 2014

7:00 pm

Social Hall

The Joseph and Rose Ages Family Building
21 Nadolny Sachs Private

Refreshments to follow

FEDERATION REPORT



STEVEN KIMMEL
CHAIR

I have a deep respect for the values the Jewish Federation of Ottawa has instilled in our city these past 80 years.

During the Federation's recent strategic plan consultations, where we met with 130 committed community members, it became clear to me there is a gap between perceptions of the Federation and what we actually do. The Federation needs to showcase the scope and breadth of our efforts as today's Federation is about so much more than an annual phone call asking for a gift.

Put simply, the Federation is a "broker

Building a strong Jewish community

of services." Our focus and objective is to match community needs with community agencies using community monies whenever and however we can.

Over and above the funding the Federation provides to agencies, we do our best to engage and educate staff and volunteers so we can work together in meeting objectives that benefit our community and support our brothers and sisters in Israel.

Our communications team ensures that we report the latest news using the *Ottawa Jewish Bulletin*, a biweekly electronic newsletter, and social media. Whenever a Jewish organization has a program or initiative to promote, the Federation offers assistance.

The Federation runs the Jewish Ottawa InfoCentre, which operates like a tourist centre, where people learn about the plethora of community services and activities available.

The Federation also strives to preserve the history of our community. The Ottawa Jewish Archives works diligently

to gather, catalogue and maintain our past for the future.

And, when there is a major crisis in the world, the Federation immediately responds by making it easy for community members to make contributions and assist with tikkun olam. Most recently, \$27,000 was raised for the Philippines relief fund and \$8,500 to provide assistance for the Jews of Kyiv.

The Federation also collaborates with many organizations. For example, sharing information about quality of education, affordability and more. We have already seen positive results from this initiative, particularly through our work with supplementary schools.

Did you know the Federation also takes responsibility to ensure the Ottawa Vaad HaKashrut, our city's kashrut authority, is respected all over North America?

Did you know the Federation works to engage the emerging generation through premier programs such as March of the

Living, Birthright Israel and PJ Library? That we support the Shoah Committee of Ottawa and operate Hillel Ottawa for university students?

The Federation's Annual Campaign is the engine that drives so much of Jewish Ottawa.

Most in our community are aware of the important agencies we fund and whose work is unparalleled.

Less well known are the programs and services that Federation itself provides each and every year. As you can see, the focus of the Federation is not only about the annual campaign, it is about "building a strong Jewish community for today and for our future."

We are so pleased that our extensive strategic planning consultations led to invaluable insight into what is most important for community members and this will ultimately help build a stronger community.

At a meeting on March 24, all 130 individuals who participated in an earlier consultation were invited to hear a presentation on the cumulative input and how it was used by the committee to significantly refine our mission, vision, values and goals.

From my family to yours, Chag Pesach Kasher V'Sameach.

Am Israel Chai – B'shalom.

FROM THE PULPIT



RABBI HOWARD FINKELSTEIN
BEIT TIKVAH

I recently returned from a conference in Uniondale, N.Y., sponsored by the Yeshiva University School Partnership and the Solomon Schechter School Network.

Spending three days in intensive discussions with personnel from Partners for Excellence in Jewish Education, I cannot help but think of the immediate crisis facing the Jewish community as the costs of education continue to escalate and the number of students enrolled in our schools continues to diminish.

But one must also think of a bigger and more encompassing question: Is the Jewish future of our communities sustainable?

In other words, with the continued growth of assimilation and the increasing abandonment of Judaism that the

Is the Jewish future sustainable?

2013 Pew Research Center Survey of U.S. Jews notes among the non-Orthodox and non-affiliated, can the Jewish community sustain itself?

Similarly, in the Orthodox community, the number of drop-outs continues to rise, although the high birth rate among Charedim and Chasidim offsets that number.

Let it be said emphatically that the question of sustainability does not only revolve around money, although obviously it is a big factor in ensuring the survivability of our schools. Sustainability revolves around commitment that starts in the home, or dies in the home. What are Jewish homes providing the members of their household in terms of practical Jewish living?

As we approach Pesach, we become acutely aware that this holiday is home-centred. Ideally, the seder is not to be held in a catering hall, synagogue or community centre. While Jewish communities do phenomenal work in providing seders for those who do not have a place to go, the bottom line is that the home is the place for the seder.

A seder at home is symbolic of the commitment to Judaism that begins there. The four children of the seder reflect on the various types of 'children' there are in the Jewish community. Even the contrary child is taught by the parent, and is not chased out of the

house. We welcome all of our children in the Jewish home. That is the beginning of sustainability. We teach them. We do not abandon them.

Rabbi Joseph Soloveitchik, the great Talmudist and philosopher of the 20th century, commenting on the burgeoning *kiruv* (outreach movement), said one can reach uncommitted Jews by not engaging in theological discussions. Instead, one should introduce them to the writings of the *Ketzot* and the *Netivot*, complex commentaries on the volumes of Jewish law dealing with business matters. For the Rav, as he was known, the very essence of the study of Torah and all of its complexities was enough to ensure continuity and sustainability.

In truth, there are many different ways for *kiruv* to work, cognitively, affectively or gastronomically. Halachah tells us that, at the end of the seder, we are not to eat anything after the last bite of the matzo of the afikoman. We are supposed to retain the taste of the matzo in our mouths, and in our minds. The afikoman in a sense reflects on the taste of Torah that we are to retain. In essence, we want that taste to be sustained. Sustainability does not only come in the shape of needed dollars for Jewish education. It comes, if you will, in the eating of the afikoman, reflecting on the *ta'am* (taste) of Torah itself.

Chag Sameach.

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FROM THE EDITOR

MICHAEL REGENSTREIF



I've mentioned before that Passover is my favourite Jewish holiday because the message of freedom from slavery and oppression is so inspirational.

During Passover, we recall the slavery endured by the ancient Israelites in Egypt and celebrate their struggle for freedom and the exodus from Egypt led by Moses. As the Passover Haggadah tells us, all of us, in every generation, must view ourselves as personally moving from the bondage of slavery to freedom.

That message of every generation viewing ourselves as moving from slavery to freedom via the Israelites' exodus from Egypt seems to me to be a lesson from our sages that the message of Passover is not just to remember something that may have happened thou-

The message of Passover is a message for our time

sands of years ago, it is that the message remains eternally relevant for all time.

In the 1850s – not very long ago in relation to the many centuries since biblical times – when African American slaves in the United States were struggling for their own freedom from slavery, they took great inspiration from the story of our exodus from slavery in Egypt. Harriet Tubman, the leader of the Underground Railroad, which spirited slaves from the American South to freedom in Canada, was code named “Moses.” The code name for Canada was “the promised land.”

As Jews, we remember the six million of our people murdered by the Nazis during the Holocaust. We also remember the Nazis enslaved millions of Jews, including so many of those they murdered. That dark period of our history ended just 69 years ago. Later this month, on April 27 and 28, we'll mark Yom HaShoah, and it's not a coincidence that the Holocaust Remembrance Day comes so soon after Passover as it is tied to the Warsaw Ghetto Uprising that began during Passover in 1943.

Shockingly, the Global Slavery Index indicates there are now 29.8 million

people living in some form of slavery around the world. And, while the vast majority of those are in such countries as India, China, Pakistan and Russia, no country is immune. Even Canada is listed as having about 6,000 people living in slavery.

The journey from slavery begun by Moses continues in our own time.

THE JEWISH STATE DEBATE

There is a debate raging about whether Palestinian recognition of Israel as a Jewish state is essential to a peace agreement and that debate has found its way to page 33 of this issue. Guest columnist Bob Dale insists the recognition is essential, while columnist Mira Sucharov says it is unreasonable.

Israel was created as a Jewish state after the United Nations voted in 1947 to partition Palestine into a Jewish state and an Arab state. Rejectionism of a Jewish state has been at the heart of every conflict Israel has faced, from the 1948 War of Independence, to the rocket barrages the villagers in Sderot face from Gaza, and to the delegitimization campaigns on university campuses. It seems to me that two states for two

peoples needs the acceptance of who those people are (which, of course, does not mitigate the imperative for minorities within Israel to enjoy full rights of equal citizenship).

Please join the conversation by adding your comments via a letter to the editor – bulletin@ottawajewishbulletin.com – or via comments on the website.

OTTAWA JEWISH BULLETIN

As this is one of our two community-wide issues for the year, some of you receiving the issue are not regular *Bulletin* subscribers. If you're one of those, I hope you like what you see and you'll take a moment to subscribe to all 19 of the issues we publish each year by visiting www.ottawajewishbulletin.com/subscribe/ or by calling *Bulletin* business manager Barry Silverman at 613-798-4696, ext. 256.

And don't forget to visit our website – www.ottawajewishbulletin.com – regularly. You can read and comment on our major articles and columns; you can download PDF and page-turning versions of the print edition to read on your computer or mobile device; and the site is regularly updated with breaking stories of interest. Like us on Facebook – www.facebook.com/Ottawajewishbulletin – to get regular updates on new content.

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

IDEAS AND IMPRESSIONS

JASON MOSCOVITZ



Heartbreaking stories of African refugees in Israel

There are about 50,000 African refugees in Israel, mostly from Sudan and Eritrea. Their stories all share the same underlying themes. They fled to Egypt where they would often be shot if detected, so they paid Bedouins to drive them to the Israeli border in cars with darkened windows. They then entered Israel seeking refugee status. Their stories also share a pretty stunning irony: Egyptians are shooting their fellow Muslims, as well as Christians, forcing them to seek safety in Israel.

My daughters are still in touch with Jack, Anwar, Adam and Thomas, and they all have harrowing tales to tell about their wild treks through the desert to avoid the Egyptians. They tell stories of early imprisonment in Israel and of their attempts to be recognized as refugees. They eventually did get out of prison and received monthly work visas. They got jobs doing maintenance in health clinics, youth hostels and hotels – but they never got full legal refugee status.

While they learned English, they also studied Hebrew, and contributed to Israel in a way that is common for poor newcomers to a country by doing the

jobs no one else wants. But, as their numbers kept rising, the refugees became a social, then political issue in Israel. How many is too many?

There is no easy answer to that question, and a visitor has no right to even venture a guess, but chronicling what's happening is a worthwhile endeavour. It is a story that has made me think of how helpless and hopeless some situations are.

The Africans who have been in Israel the longest – and, in most cases, are the ones most settled with jobs and some money – are no longer having their visas automatically renewed every month. Their visas are being revoked and they are being placed in a detention centre. There are now 1,500 in detention. Jack and Anwar are two of the most recent detainees.

When we went to see them, we discovered many things. First, you don't go into the detention centre to visit them. They come out to see you with iPhones in their hands. An Israeli court ruled they cannot be locked up indefinitely. They are allowed to leave during the day for six hours.

Jack told me they sleep 10 in a room with one shared bathroom. He showed me photos of the long lines for meals consisting of meagre plates of rice. He said he couldn't tell the difference between two days and two months in there and, if he took the Israeli offer of \$4,500 and a ticket home to Darfur, he would be dead or imprisoned on arrival. He said he expects Israel to grant him the refugee status owed to him by international law.

While Jack and Anwar are in detention, my daughters' other two students, Adam and Thomas, are still working. Thomas' journey through Egypt to the Israeli border was with his wife, son and infant daughter, but his wife and son didn't make it to Israel. They are now in Kenya, and Thomas hasn't seen them in six years. He figures he will be permitted to continue working to provide for his six-year-old daughter, who lives with him in Tel Aviv.

Meanwhile, Adam is left waiting and wondering. He has reason to be concerned and it shows. He doesn't talk about it much, but he is no longer the same guy I met a year ago at my daughter's wedding. Will his visa be revoked this month or next month? There is no way for him to know.

What he does know is that last month the hostel where he works gave him a 750 shekel bonus for being the employee-of-the-month.

It is a beautiful afternoon in Jerusalem, so what would lead me on a family visit to a refugee detention centre just kilometres from the Egyptian border in southern Israel? There is only one thing that could: my daughters who live here.

Six years ago, when my daughters were students at the Hebrew University of Jerusalem, they began teaching English to Sudanese refugees. It wasn't unusual for me to meet their students because their classes were held in my daughter's tiny King George Street apartment. I got to know Jack, Adam, Anwar, Thomas and many others. Their stories can only make us grateful for all we have, and make us realize what it means to have a country to call our own.

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SUCHAROV'S QUESTION ABOUT ISRAELI DEMOCRACY

Mira Sucharov, reacting to a law passed by Israel's Knesset regulating differences between Israel's Muslim and Christian Arab citizens, asks whether Canadian Jews should be concerned with Israel maintaining its democratic character (*Values, Ethics, Community*, March 17).

This column could represent an overreaction to a law that could be logical and rational. If one was concerned about employment issues faced by minority populations in Israel, one would want vulnerable groups there to have their own voices – in the same way visible minorities, Aborigines and women are separate groups for the purposes of Employment Equity in Canada.

Sucharov gives no evidence on whether the obstacles faced by Christian and Muslim groups in Israel are the same or different. If they are different, then the law is rational from a social and administrative perspective.

The politically motivated comments of Knesset member Yariv Levin are a cause for concern, but not necessarily the law itself. Ironically, his comments highlight that the prejudices faced by Muslims and Christians are, in fact, different. While Jews should be concerned about democracy in all countries, we need more evidence on this instance before throwing the whole edifice of Israeli democracy into question.

Rubin Friedman



Torah Academy dedication:

Anna Czajezncky dedicates a room at Torah Academy of Ottawa in honour of her late husband, Simon Czajezncky. Anna, seen here with school principal, Rabbi Yisroel Goldbaum (left), and executive director, Rabbi Zischa Shaps, is dedicated to ensuring the Jewish future by supporting Jewish education as a legacy of her late husband.

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Next year in ... the Negev?

When the Israelites departed Egypt on the Exodus we celebrate at Passover, they journeyed through the desert for 40 years often bitter, hungry, complaining and rebellious, a people whom God referred to as “stiff-necked” (Exodus, 32:9).

Now, 10 years after their evacuation under the Disengagement Plan from Gush Katif in the Gaza Strip, the reborn communities bordering Egypt, including Naveh, are blooming in the Halutsa Sands in the Western Negev – thanks to their own stiff-necked determination, innovation and, yes, the infrastructure support from KKL-JNF.

KKL-JNF's groundwork for organic agri-tech communities

On the recent JNF Canada Staff Mission, I had the opportunity to visit the Halutsit communities for the second time. To be there is to understand the value of JNF's contribution to community development – one of the seven key areas of JNF-KKL's work in Israel. Halutsit will be home to the largest complex of farming hothouses in Israel, extending over an area of 300 hectares (750 acres), as well as an additional 600 hectares (1,500 acres) of open agricultural fields where the farmers work their magic. Coupled with KKL's agricultural infrastructure, the community of Jewish farmers has applied its agri-tech *secret sauce* to transform arid sand into start-up agri-centres, which now yield multimillion-dollar organic crops that are exported to Europe. Out of nowhere, hothouses and verdant green crop tops populate an otherwise desolate landscape. JNF's blue, green and brown colours come alive under the hot Negev sun.

JNF Canada in Naveh

JNF Canada's presence is evident in Naveh, including the newly completed synagogue, entrance development, playground, and landscaping for the day-care centre and kindergarten complex. On this Staff Mission, we dedicated the kindergarten room in memory of our JNF Canada's IT director's late son, Christopher Fonseca, who died at 17 this past December after battling cancer from the age of 4.

Leave your personal legacy or tribute on the way to Negev 2020

The Israeli government determined a number of targets to be achieved by 2020:

- Bring 300,000 new people to the Negev;
- Ensure employment for an additional 200,000 people in the Negev;
- Focus on technological and scientific education, emphasizing quality and excellence, and increase the availability of higher education and develop extracurricular educational opportunities;
- Create diverse recreational and cultural opportunities for the benefit of the people of the Negev.

As always, KKL-JNF plays a major role in the development of the Negev, providing our unique environmental input to ensure this very special region, while growing and developing, preserves its distinct desert ecosystem. If our work inspires you to visit or to contribute, call us at 613-798-2411 to talk.

Meanwhile, from JNF Ottawa to you and yours, we wish you a happy and kosher Pesach.

Sefer Bar Mitzvah

Isaac Glassman was inscribed by his parents, Steven and Jenny Glassman.

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



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Federation hosts interactive consultation in followup to strategic plan process

BY LOUISE RACHLIS

It was a meeting to “put meat on the bones” of the Jewish Federation of Ottawa's draft goals, and an interactive process to ensure it was all “kosher.”

There were four tables of eight set up, March 24, as some of the participants of the Federation's strategic planning consultations gave further feedback to help refine the proposed draft mission and value statements and clarify the five primary goals.

After the initial process, the revised mission statement had become: “To advance and promote an exceptional quality of Jewish life.”

The vision was “a thriving Jewish community that is inclusive, accessible, educated and engaged,” and the values statement was divided into core values such as Torah and *chesed* (loving kindness) and corporate principles such as collaboration and partnership.

The goals had evolved to:

1. Increase financial resources to support the Jewish communities of Ottawa, Canada, Israel and the world;
2. Manage and communicate a transparent and responsible process to allocate funds from the Annual Campaign;
3. Foster greater co-operation and partnership among community agencies and organizations;
4. Expand involvement and engagement in Jewish life and learning, for all ages;
5. Attract and develop diverse volunteers and leaders.

Those statements may be further refined after input from the meeting's participants. All aspects of the strategic plan – including the mission, vision and values statements – are subject to approval at a Federation Board meeting in May before being presented to the community in final form at the Federation's annual general meeting in June.

“This is the most interactive and participatory process I've been involved with in more than 30 years in Ottawa,” said business transformation consultant Michael Walsh of Totem Hill, who facilitated the consultations.

Overseeing the process has been a committee of the Federation Board, chaired by Federation Vice-Chair Linda Kerzner, which includes Lauren Bronstein, Mike Shalin and Jason Shinder.

Federation Chair Steven Kimmel and immediate Past-Chair Debbie Halton-Weiss are advisers to the committee, which is staffed by Federation President and CEO Andrea Freedman and Vice-President for Community Building Bram Bregman.

The initial consultations were held in January and February, with separate sessions for different stake-

holder groups, including two town hall meetings for the community.

“The priority was to assure that it was a highly interactive process,” said Kerzner. “I believe we've given the community as much input as possible.”

The format for the followup meeting was half report and half feedback.

In round one of the meeting, each table chose a goal to discuss. In round two, they were given a goal to discuss, and in round three, the key messages were summed up, providing each table's takeaway. The easel pads quickly filled up with thoughtful comments.

The purpose of the second half of the meeting, Kerzner said, was to “put some meat on the bones of the goals so that they are measurable and we can report back to the community on them over the next five years. When a new idea comes along, we can look at it to decide if it's on track. We wanted to make sure the result is tangible and the day-to-day work leads to the achievement of the objectives.”

There were 130 community members who participated in the initial sessions, producing more than 40 pages of unedited notes. Those were incorporated into the summary document.

“We've come a long way in a short time, and there's still a lot of significant work to be done to make the goals measurable and specific,” said Kerzner. “We want to be clear on what we want to accomplish, and how we want to accomplish it.”

She praised and thanked Walsh for “his incredible job.

“He volunteered his time and we are so incredibly fortunate to have volunteers like Michael in our community.”

As the “takeaway” from one of the tables said, “Working together helps us all win.”

Visit www.jewishottawa.com to view the feedback analysis document from the strategic planning consultations.

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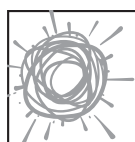
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Success of Glebe Shul is ‘a dream come true,’ organizers say

BY JOSHUA FINN
FOR GLEBE SHUL

For many in their 20s and 30s, the epicentre of Jewish life is Rabbi Michael and Stacy Goldstein’s home in the Glebe: the Glebe Shul.

“We are one of the only organizations offering consistent, community-building downtown programming for young Jewish adults,” said Michael, who has run the Glebe Shul – a project of JET (Jewish Education through Torah) – part time with Stacy since its establishment in 2011.

The highlight of the Glebe Shul experience are Shabbat dinners, usually held every two weeks, that draw up to 48 young adults. There is a waiting list most weeks due to high demand and limited space.

Michael says the Glebe Shul does not compete with local synagogues and says it is more about community-building than religious services.

“We are not taking people out of the pews of other synagogues. We’re taking people off of their couches at home,” he said.

He says it is a desire for community that leads them to seek out other young

Jewish adults.

In 2013 alone, the Glebe Shul welcomed 430 unique guests and served nearly 900 Shabbat dinners. It also holds weekly “Scotch and God” learning sessions, a monthly women’s class, a running club and holiday parties. November’s Chanukah Party attracted more than 100 people.

Originally from Montreal, Brahm Solomon is completing a PhD at the University of Ottawa. He says the smaller, more scattered Jewish community in Ottawa can be isolating, especially for a student living downtown. He believes the Glebe Shul has changed this and says that, without it, he would not consider staying in Ottawa after graduation.

“If I do decide to remain in Ottawa, I hope to be able to contribute and grow with the Glebe Shul for many years to come,” said Solomon.

Unlike Solomon, Ottawa-native Abbey Murawnik previously had few connections to the Jewish community. She says participating in the Glebe Shul has been life-changing.

“Being part of a community of people who were raised with the same values and who have shared similar experiences



Rabbi Michael and Stacy Goldstein have run the popular Glebe Shul programs for young adults from their home since 2011.

is ...truly special,” says Murawnik.

With full-time jobs and two children under the age of three, hosting nearly 50 people for Shabbat dinner can be challenging, and Michael and Stacy credit the community for its support. Stacy says it does not feel like her and Michael hosting a dinner, but rather the community coming together to host a dinner that happens to be in their house. A group of volunteers helps to cook on Thursdays, and dinner guests assist with serving and cleaning.

Stacy says, by participating and not just attending, Glebe Shul-goers feel personally invested. She says she is inspired by this giving nature and the genuine appreciation for her work – including special touches like the homemade chocolate-chip challah.

“The appreciation people have is so energizing,” says Stacy. “Also, I see so much good, friendships and connections being made, coming out of every event,” said Stacy.

“We do this because it’s our passion,” adds Michael.

Michael does not share the despair of some that young Jews are not interested in Jewish life. While many might not attend traditional synagogue services, he says young people do many things differently than their parents and suggests a change in approach is needed.

He says the homey nature of the Glebe Shul harkens back to a time when shuls were smaller, more intimate spaces.

Stacy says she is proud of the community she and Michael have helped create.

“Few people actually get to see their dreams realized. Looking around on a Friday night – it’s a dream come true.”

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The ConnectOTT Leadership Committee: (from left) Sharif Virani, Samantha Banks, Sara Rodier, Hailley Griffis, Martin Krátký-Katz, Leigh-Ann Redmond, Danya Vered, Samantha Cook.

Young professionals get tips on success at ConnectOTT

BY LEIGH-ANN REDMOND
AND HAILLEY GRIFFIS
CONNECTOTT

Two hundred young professionals participated in ConnectOTT, including a cocktail reception sponsored by the Jewish Federation of Ottawa, followed by a three-course dinner at the Fairmont Château Laurier, February 26, where they had the opportunity to network with executives from a variety of industries.

The idea for ConnectOTT was born after a discussion about how many networking opportunities Ottawa has to offer, and how easy it could be for young professionals in the city to grow their networks.

"Young professionals are a vital and essential part of the economic growth of a city," said Sara Rodier, co-chair of the ConnectOTT Leadership Committee. "Ottawa has a lot to offer young professionals, and this event empowered them to build local networks with their peers and executives across multiple industries."

During dinner, participants sat at a different table for each course, which allowed for time with different industry leaders in small group settings. As well, the young professionals were able to meet other participants in their fields or with similar interests.

The industries represented included financial services, public affairs, media, not-for-profit, health care, law, real estate and business. Young professionals met with executives from organizations such as RBC, CHEO, Telus, KPMG, United Way Ottawa and the Jewish Federation of Ottawa.

"Our goal is to create a networking base for mentors and young professionals that will provide them with the know-

ledge and skills to invest in the community," said Martin Krátký-Katz, co-chair of the ConnectOTT Leadership Committee.

Many of the executives had advice for the young professionals.

"There are always people who are able and willing to help. Do not be afraid to seek out a mentor or to ask questions," said Ursula Melinz, a partner at Soloway Wright LLP.

"Success comes from marrying your passion with work ethic and integrity. Find what drives you and surround yourself with people that support your goals," said Jen Stewart, owner of JS Communications.

"As you develop your leadership strengths and move into more complex business situations, make a life-long commitment to acquiring knowledge and skills," added Jim Orban, president and CEO of the University of Ottawa Heart Institute Foundation.

The young professionals also heard words of advice from peers.

"There is no such thing as a singular career path. Professionals are branching out and merging sectors to create new opportunities, and it is so important to establish a strong network across industries to support the different aspects of your professional goals," said Danya Vered of the ConnectOTT Leadership Committee.

"Treat everyone with equal respect. The intern may be your boss one day," added committee co-chair Sara Rodier.

Following the event, there was much positive feedback from both young professionals and the executives. It was widely suggested that ConnectOTT be an annual event and many volunteered to serve on next year's ConnectOTT organizing committee.



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CELEBRATING THE 30th ANNIVERSARY OF THE JEWISH YOUTH LIBRARY



1980s ...

The Jewish Youth Library began humbly in the basement of Dr. Josef & Devora Caytak's home in 1983. Six years later, with the support of the community and a blessing from the Lubavitcher Rebbe, the Library purchased its building across the street from the Caytaks' home in Westboro. The JYL now boasts a collection in the thousands, containing books on every Jewish subject, ranging from children's books and Jewish history to parenting, the Hebrew language, and the Talmud.



1990s ...

In 1994, the Library launched Tiny Treasures, a licensed preschool. It evolved into the Jewish Preschool of the Arts and, in 2006, became the Westboro Jewish Montessori Preschool. During this same time period, the JYL started running Camp Gan Israel. *Camp Gan Izzy* is part of the world's largest network of summer camps. Every summer, the JYL's building is packed with children learning new skills and being instilled with the "ruach" (spirit) of the camp.



2000s ...

To further contribute to the Jewish community in a meaningful and life-enhancing way, *Friendship Circle* started in 2006 through a generous grant from the Ontario Trillium Foundation. This program matches teenage and university age volunteers with families who have a child with special needs. The Friendship Circle gives youth a volunteer experience, while providing respite for a family in need and a true friend for a child with special needs.

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Agudath Israel's gift shop features beautiful Judaica items

BY CAROL PASCOE
FOR AGUDATH ISRAEL

'Art washes away from the soul the dust of everyday life." That famous quote by Pablo Picasso is a motto the revitalized gift shop at Agudath Israel Congregation lives by. Boutique Judaica is an exciting showcase of Judaic items, which are not only functional, but also captivating to the eye, and attractive to the shopper's personal style.

Boutique Judaica manager Marie Levine emphasizes the prime motivation of the shop: to support and showcase Israeli and North American artists. The boutique boasts an inventory of varied

choices of materials and art forms. Focusing on original pieces, the shop avoids carrying factory mass-produced items. The selection is varied for gift-giving for all occasions and for enhancing home décor.

Among the items for sale by local artists – some of whom are members of Agudath Israel – are pomegranate ceramic candle sticks and trivets by Iris Arnon-McGregor; pewter tzedakah boxes, candle holders, kiddush cups and small decorated boxes by Nicola Hamer; beaded and crocheted bracelets and necklaces with Judaic charms by Erica Sher; and colourful fused glass challah boards and menorahs by Out of Ruins Glass.

The Boutique Judaica inventory also includes items from Montreal artists such as Jessie Tesolin Jewellery and Michelle Beaudoin; Israeli artists Emanuel, Shraga Landesman and David Gerstein; and from the United States, porcelain decorative bowls with Shabbat wording by Mandy Duchon, as well as Quest Gifts, Melanie Dankowicz, Winged Camel, Michal Golan and Joe Bless.

Boutique Judaica at Agudath Israel Congregation, 1400 Coldrey Avenue, is open on Tuesdays, Wednesdays and Thursdays, 10:30 am to 3:30 pm or by appointment. For information, contact Marie Levine at marie@agudathisrael.net or 613-728-3501.



Manager Marie Levine at Agudath Israel's Boutique Judaica.

AJA 50+ and Agudath Israel to host Healthy Living Fair, April 28

BY ANNETTE PAQUIN
AJA 50+

In conjunction with the AJA 50+ summer registration day, AJA (Active Jewish Adults) 50+ and Congregation Agudath Israel will host the Healthy Living Fair on April 28. The fair will bring together more than 30 exhibitors demonstrating everything from heart health to leisure activities.

"The fair will present a wide array of services, organizations and commercial outlets that work in the area of health, public safety, fitness and wellness," said AC Dolgin, who is co-chairing the event with her husband, Marc Dolgin.

"The fair is aimed mainly at seniors to raise awareness of the tremendous variety of services offered in our community. There will be several on-site demonstrations focusing on encouraging a healthy lifestyle in our ageing population," she said.

Booths will feature information, give-

aways and the opportunity to meet a variety of service professionals. Participants will include the Ottawa Heart Institute, Taxwise, Community Care Access Centre, Canadian Hard of Hearing Society, Canadian Association of Retired Persons, Senior Tours, Great Canadian Theatre Company, and many others. Several organizations have donated exciting door prizes.

Admission to the Healthy Living Fair is free and all are welcome. A light kosher lunch will be available for purchase. The fair takes place Monday, April 28, 9:30 am to 3 pm, at Agudath Israel Congregation, 1400 Coldrey Avenue.

AJA 50+ SUMMER REGISTRATION

AJA 50+ will hold our summer program registration at the Healthy Living Fair. We offer a variety of activities for mature adults, including year-round bridge, mah-jongg, a Jewish film series and peer-led music appreciation programs.

This summer will also feature weekly golf, daytrips to Perth and Almonte, bird watching, and several historical and nature hikes. For art lovers, there will be gallery tours to the National Gallery, the Karsh Masson Art Gallery and a special tour and hands-on activity at the Museum of Classical Antiquities.

There will be a strong theatre component to the summer programming, including the play *Corpus* (see page 3) and plays

at the Classic Theatre Festival in Perth.

Inspired by a column in the *Ottawa Jewish Bulletin* on small Jewish communities in upstate New York (*Connecting the Branches* by John Diener, November 11, 2013), AJA 50+ is offering an outreach day to the Potsdam Jewish Community. And for adventurers, a geo-tour and spelunking programs are being offered.

Visit www.aja50plus.ca for more information.

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APRIL 27, 2014 • 7 pm

Soloway Jewish Community Centre
21 Nadolny Sachs Private, Ottawa

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PANEL DISCUSSION ON GENOCIDE

DUTY TO REMEMBER AND THE REBUILDING OF NATIONS

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Panelists: Father Patrick Desbois, President of Yahad-In Unum
Jan Grabowski, Professor of History, University of Ottawa
Rabbi Reuven P. Bulka, Machzikei Hadas Congregation
Vern Redekop, Conflict Studies Professor, St. Paul University
Emery Rutagonya, Rwandan genocide survivor and co-founder of the Rwanda Survivors Foundation
Dr. Naomi Azrieli, CEO of the Azrieli Foundation will moderate

Yom Hashoah 2014 and the Panel Discussion on Genocide are programs of the Shoah (Holocaust) Committee of the Jewish Federation of Ottawa.
RSVP for Panel Discussion to: bsiemiatycki@jewishottawa.com or 613-798-4644
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Russia's ban of MP Irwin Cotler, pleases the human rights activist

(JTA) – MP Irwin Cotler, a former federal justice minister and attorney general, has expressed his pleasure at being banned by Russia.

Cotler was among 13 Canadians to appear on the blacklist issued March 24.

"I wear my exclusion from Russia as a badge of honour and am proud to be in such distinguished company," Cotler, also a veteran human rights activist, said in a statement.

"I have no intention of visiting Siberia. I have no investments in Sochi. I have no desire to visit Moscow."

It was not the first time that Cotler, who gained prominence for representing Jewish refuseniks from the Soviet era, has been banned from Russian soil. He was expelled from the Soviet Union and banned in 1979 while advocating on behalf of political prisoners, including Natan Sharansky.

Cotler said the blacklisting "only



Irwin Cotler

inspires me to redouble my efforts to advance the cause of human rights for all.

"I stand in solidarity with the Russian people and those fighting for human rights and democracy. Their day will come and [President Vladimir] Putin will be no more," he said.

Cotler suspects the ban is for introducing a private member's bill in Parliament regarding Sergei Magnitsky, who was an accountant and auditor in Moscow.

Magnitsky uncovered a corruption scheme and testified against several senior Russian officials, according to the *Huffington Post*. Magnitsky subsequently was imprisoned and died in jail in 2009 at 37.

Cotler chairs an inter-parliamentary group on Magnitsky and said that is like a "red flag" to Russia.

"My sense is that's probably the retaliatory reason in my case," Cotler told the *Huffington Post*.

OJCS students to participate in We Day at Canadian Tire Centre

BY SARA-LYNNE LEVINE
OTTAWA JEWISH COMMUNITY SCHOOL

Stock drives, dress down days, bagel sales and movie nights at the Ottawa Jewish Community School (OJCS) have raised funds and awareness about Ottawa's homeless and for Haitian relief – and have also earned 46 students tickets to attend We Day.

You can't buy a ticket to We Day; you have to earn it. On April 9, these OJCS high school students and the Grade 6 leadership class will join other local students at the Canadian Tire Centre to welcome Queen Noor of Jordan, Martin Luther King III, Craig Kielburger, Spencer West, Degraasi cast members and others as they recognize and celebrate students committed to making positive changes in their community – lessons OJCS students learn every day.

"I wanted to get involved in We Day because it is an amazing cause that helps so many people," said Grade 12 student Cassandra Starosta. "I love getting involved and giving back to my community. We Day allows me to incorporate my love of fundraising, organizing and helping out. I am beyond excited to see Simple Plan. They are my favourite band and I may faint when I see them!"

OJCS high school students organized a school lock-in event as well as food and clothing drives as part of their local action

for the We Act Challenge.

"Leadership is not just a class. It has become a place where I've learned how to work together with my classmates toward a common goal," said Grade 6 student Temima Silver. "I am so excited and pumped to attend We Day!"

"It's been a wonderful experience this year teaching the leadership class, working with the students toward making a change in the lives of others," said leadership teacher Stacy Veaudry. "The students' dedication, efforts and initiatives make me very proud to be their teacher."

We Day is part of a family of organizations, including Free The Children and Me to We, that has a shared goal: To empower a generation to shift the world from *me* to *we* through action, giving, the personal choices on what to buy and what to wear, the media they consume and the experiences with which they choose to engage.

We Day is tied to the year-long We Act program, which offers educational resources, campaigns and support materials to help turn the event's inspiration into sustained activation. Through We Act, students commit to taking one local and one global action to better the world, earning their way to We Day.

At We Day, 16,000 students, educators and friends will be inspired to make a difference, both in their own communities and overseas.

Maintaining Ottawa Eruv reflects community's commitment to tradition and inclusion for all Jewish denominations

BY DIANE KOVEN

Next year will mark the 40th anniversary of the construction of Ottawa's Eruv, an event of great importance to a segment of the Jewish community whose lives have been greatly impacted by its existence.

Others may be wondering what an eruv is and why Ottawa needs one.

An eruv is a symbolic boundary created to allow Jews to carry objects on Shabbat and holy days that would otherwise be forbidden by *halachah* (Jewish law). On those days when Jews are not allowed to carry or push objects in public places, it is held that, by creating a boundary (usually with a series of cords or wires strung continuously from pole to pole), the space within the boundary can be considered a private domain.

Prior to the construction of the Ottawa Eruv, many Orthodox families with young children were unable to attend synagogue services together. They "would have to stay at home until the children were old enough to walk," explained Rabbi Reuven Bulka of Congregation Machzikei Hadas, who initiated the project to establish an eruv when his congregants began asking for one, principally to enable them to bring strollers and baby carriages to the synagogue. And so began the project.

"For many shuls, this has been a lifesaver by allowing young families to be able to attend shul together," he said.

Erecting the eruv was a major undertaking in 1975, before Ottawa's municipal amalgamation.

"We had to get permission from the city councils of Nepean, Ottawa and Gloucester," said Rabbi Bulka.

After securing the various permissions, work began by

marking the boundaries, which was done partly for convenience – using existing hydro poles and wires – and partly to take into account the main areas where the eruv would be required. It is necessary for an eruv to be continuous – without any breaks – and it initially extended from Orleans to Bayshore. It was later extended to encompass the area around Congregation Beit Tikvah (then Beth Shalom West).

The eruv, Rabbi Bulka explained, used to be checked weekly by volunteers, but "it is a constant ebb and flow to monitor it, so we now have a person who is paid to check it."

The southern border of the eruv is Hunt Club Road, so the large and growing Jewish community in Barrhaven is cut off by the Greenbelt. While the difficulty and expense of extending the eruv to Barrhaven would be prohibitive, Rabbi Menachem Blum of Barrhaven's Ottawa Torah Centre Chabad (OTC) said that, as the community there continues to develop, they will be looking to establish an eruv in the area.

"One difficulty in setting up an eruv in a new development, though, is that all of the wiring is buried underground. So it would be necessary to erect poles and wires from scratch," said Rabbi Blum.

In the meantime, Rabbi Blum has erected a mini-eruv marking the boundary between his home and OTC, enabling the carrying of food for the congregational kiddush.

From the very beginning, the cost of erecting and maintaining the Ottawa Eruv has been borne by individuals who donate to the Eruv Club. Rabbi Bulka said that among the supporters are people who themselves do not

use the eruv, but who appreciate its importance for others and respect the needs of Jews who wish to abide by halachah.

Indeed, rabbis from non-Orthodox congregations all stressed the importance of the eruv.

"The Jewish people are a diverse community reflecting a wide range of practices, and at the head of the Reconstructionist approach to Judaism is a commitment to inclusion" said Rabbi Elizabeth Bolton of Or Haneshamah, Ottawa's Reconstructionist congregation. "The eruv as a concept relates to that of lowering barriers regarding accessibility. An Eruv allows the use of wheelchairs, strollers or carriages, as well as other practices that enable wider participation in Jewish life. This is a good thing and worthy of support."

"The hallmark of a vibrant Jewish community in North America is Jewish accessibility for all. The eruv makes a rich and complete Jewish life possible for an important segment of our population," explained Rabbi Steven Garten of Temple Israel, Ottawa's Reform congregation. "While members of Temple may not need an eruv to live a religious life, they do need a Chevra Kadisha, a JCC, a Hillel Lodge – all of which honour and support their religious life."

Rabbi Barry Schlesinger of Conservative Agudath Israel Congregation had high praise for Rabbi Bulka's dedication to erecting and maintaining the Ottawa Eruv.

"Truly one of Ottawa Jewry's greatest accomplishments is the eruv. We owe Rabbi Bulka many thanks," he said.

For information about the Ottawa Eruv, or to join the Eruv Club, contact Rabbi Bulka at rabbibulka@magma.ca or 613-521-9700.

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Life at the Lodge

WAITING TIMES, THEY ARE A-CHANGING ...

By Stephen Schneiderman
and Jana L. Rand

The first thing people should know about having a loved one admitted to the Lodge is that the wait times are significantly shorter with the addition of the new wing on the first floor – generally speaking 6-9 months depending on your individual requirements.

The second thing to know is that the “clock only starts” (the wait time only begins) once a person has been deemed eligible by the Champlain Community Care Access Centre (CCAC), whose mandate is to decide upon and determine all admissions to long-term care.

Since 1993 the CCAC has been vested with the power to decide upon Long Term Care Admissions. In other words, no one can be admitted directly to the Lodge on their own. When reviewing cases, the CCAC applies a set of eligibility factors. Priorities are not accorded based on membership in any organization or contributions made to the community.

As a publicly funded institution that receives the bulk of its operating revenues from the provincial government, Hillel Lodge has both a legal and moral obligation to treat all applications coming from the CCAC.

“Applicants are placed on the list for the Lodge only once the application process is complete and they’ve been accepted by the CCAC,” says Stephen Schneiderman, Executive Director of the Bess and Moe Greenberg Family Hillel Lodge.

While the Lodge is recognized with a special designation as an ethnic charitable home, it does not have the ultimate power in assigning priority for admissions. We want to admit as many people as possible from our community. As a publicly funded institution that gets the bulk of its operating revenues from the provincial government, Hillel Lodge has both a legal and a moral obligation to treat all applications referred by CCAC in an



Our residents always embrace the homelike atmosphere at the Lodge.

equitable manner. The Ottawa region branch is the Champlain CCAC.

However, the Ottawa Jewish Home for the Aged was developed by the Ottawa Jewish community to serve our members. The services and the programs of the Lodge were designed keeping in mind a celebration of Jewish culture and a reverence for tradition and religious practices. We want to be there for you when you need us. To do that, we

need our residents and facilities to take a proactive approach. We hope that you will think of Hillel Lodge when you are considering the best option for yourself or your loved one.

If you need advice or assistance with the application process, contact Joanna Abrams, Director of Social Work, Program and Support Services at Hillel Lodge at 613.728.3900 ext. 114.

Hillel Lodge is excited to announce 20 riders will be “Biking for Bubbies” on May 4th, 2014 at the TD Five Boro Bike Tour! Participants are gearing up for a great weekend in New York City for a great cause.

The bike participants are excited about embarking on this great tour. Over 32,000 cyclists participate in this ride each year. For participants it will be hard to make out just one face among the many.



But among the helmeted masses our “Biking for Bubbies” team from Ottawa will ride strong and at the end of it all will have stories to tell – the comebacks, impressive feats, and inspiring personal journeys.

We are certain many of these stories will be shared as we will continue to host “Biking for Bubbies” in Ottawa on September 14th, 2014 and encourage as many cyclists to participate as possible.

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

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

Attain your 'Personal Best' urges *Bulletin* fitness columnist in new book

BY LOUISE RACHLIS

Gloria Schwartz, a personal trainer at the Soloway Jewish Community Centre (SJCC) and the *Ottawa Jewish Bulletin* fitness columnist, has just published her first book, *Personal Best: Train Your Brain and Transform Your Body for Life*, and has a strong message she wants to share.

"Whether you're healthy or have health issues, we all have obstacles in our life that prevent us from taking action. Don't let those obstacles stop you from getting fit and optimizing your health – at any age," she said.

"People say they don't have enough time or money to exercise or eat healthy food, or they're too lazy, too embarrassed, too old, or too tired. Everybody has an excuse. A secret of success is to stop making excuses and look for solutions. It all starts with what's between our ears.

"Strict diets don't work. I didn't go on any diet ... I started by incorporating a little bit of exercise and making a few changes to my dietary habits. Those baby steps snowballed into a major transformation of my mind and body. Most importantly, I improved my physical and mental health."

Schwartz has a master's degree in educational technology and worked in high-tech for many years.

"Fitness wasn't any part of my life," she said. "I call myself a former couch potato and desk jockey. And I'm a former fast food and soda addict."

Living many years with a chronic disease, Schwartz was left with the impression there was nothing she could do.

"I threw my hands up in the air and felt helpless ... In my 40s, I had a wakeup call and got scared. I decided to try and help myself."

Now she has just turned 50 and is living a completely different life: running half-marathons, working out, eating well and spending time with her husband, teenage sons and their dachshunds.

"When you look at people like me who are fit, you may think you can never be like that. I thought the same. It's very intimidating," she said. "The bottom line is you have to be in charge of your health."



PHOTO: LOUISE RACHLIS

In her new book, Gloria Schwartz offers a plan to help readers become fit and lead a healthier lifestyle.

You only get one body and you have to take care of it. No one can do it for you. Trainers and other professionals can help you, but you have to put in the sweat equity. You have to develop a sense of empowerment. Instead of acting helpless and hopeless, I now feel in charge of my own destiny. I'm in control."

Schwartz says she wrote the book because so many others promote quick fixes and gimmicks that don't provide long-lasting results.

"Being fit is a lifetime commitment. Any author claiming it's quick and easy to lose weight and get fit is being deceptive."

Instead, she believes she has provided a "practical and achievable plan for success."

"Everybody can lose weight, but 95 per cent of people gain it back," she said. "I provide strategies to succeed for life. It's not about being perfect. It's about being your personal best."

Personal Best is available from Amazon.ca and will be sold at a number of events and author's talks in the coming weeks, including a talk at the SJCC on Monday, April 28, 7 pm.

Visit www.personalbestthebook.com for more about the book and upcoming events.

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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*, 21 Nadolny Sachs Private, Ottawa, ON K2A 1R9. Or email bulletin@ottawajewishbulletin.com.

Women's hockey player hopes to score Olympic gold in 2018

BY MONIQUE ELLIOT

Local hockey prodigy Samantha Cogan “bleeds sports.” Cogan, 16, was one of the youngest of the 22 players representing Canada on the National Women's Under-18 Team at the International Ice Hockey Federation U18 World Championship in Budapest, Hungary, in late March.

“It's kind of exciting, being one of the younger girls. You can look up to the older girls and see what their style [of play] is and learn from them,” she told the *Bulletin* before leaving for Hungary, adding that it can also be “nerve-wracking because you have to perform” to prove your position on the team is well deserved.

The talented forward has had to prove her skills continuously, especially upon entering the elite Provincial Women's Hockey League at the age of 14.

“As one of the younger kids, I was being kind of crazy and I just wanted to have a bunch of fun. But, watching the older girls, [I learned] I've got to be calm and represent myself in a certain way.”

Cogan, consistently one of the younger players on her teams, began playing hockey at age six – two full years younger than kids who typically begin playing hockey competitively.

“Initially, my dad said, ‘You're not going to play hockey. Girls don't play hockey.’ He got me into dancing and stuff,” said Cogan, who later spent her formative years playing in competitive Ottawa boys' leagues.



Sixteen-year-old Samantha Cogan played for Canada's under-18 team in the world championship tournament in Hungary, March 23-30.

While hockey dad Don Cogan was initially apprehensive, his wife, Heather, said she and some friends cornered him at a bar mitzvah and convinced him to let her play.

He is now one of his daughter's greatest supporters, accompanying her to virtually all of her away games, he said.

Cogan said she has had ambitious goals since she first took to the ice.

When Cogan's father told her it would be extremely difficult for a female to get drafted to the NHL, she broke down crying, until he told her about the Olympics.

Since then, Cogan said it has been her dream to compete, and even has a photo of PyeongChang, South Korea – the location of the 2018 Winter Olympic Games taped on her bedroom door.

“That's the main goal,” she said.

“I want to play in the Olympics, so, if you surround yourself with the goals you want to [achieve], then you're more likely to make it. It reminds you every day that's what you want to do and that's what my dream is.”

Cogan said she hopes to continue working always with athletes. Though her career goals are “constantly changing,” she said currently she wants to coach NCAA Division I hockey, the level she will be playing for the

University of Wisconsin when she graduates from high school.

“I think that would be a pretty fun career, because hockey's my life and I always want to be surrounded by hockey. I know what it's done for me,” she said.

“It's made me such a better person, so I want to coach other players how to play the game better, and I just think it would be a really fun job.”



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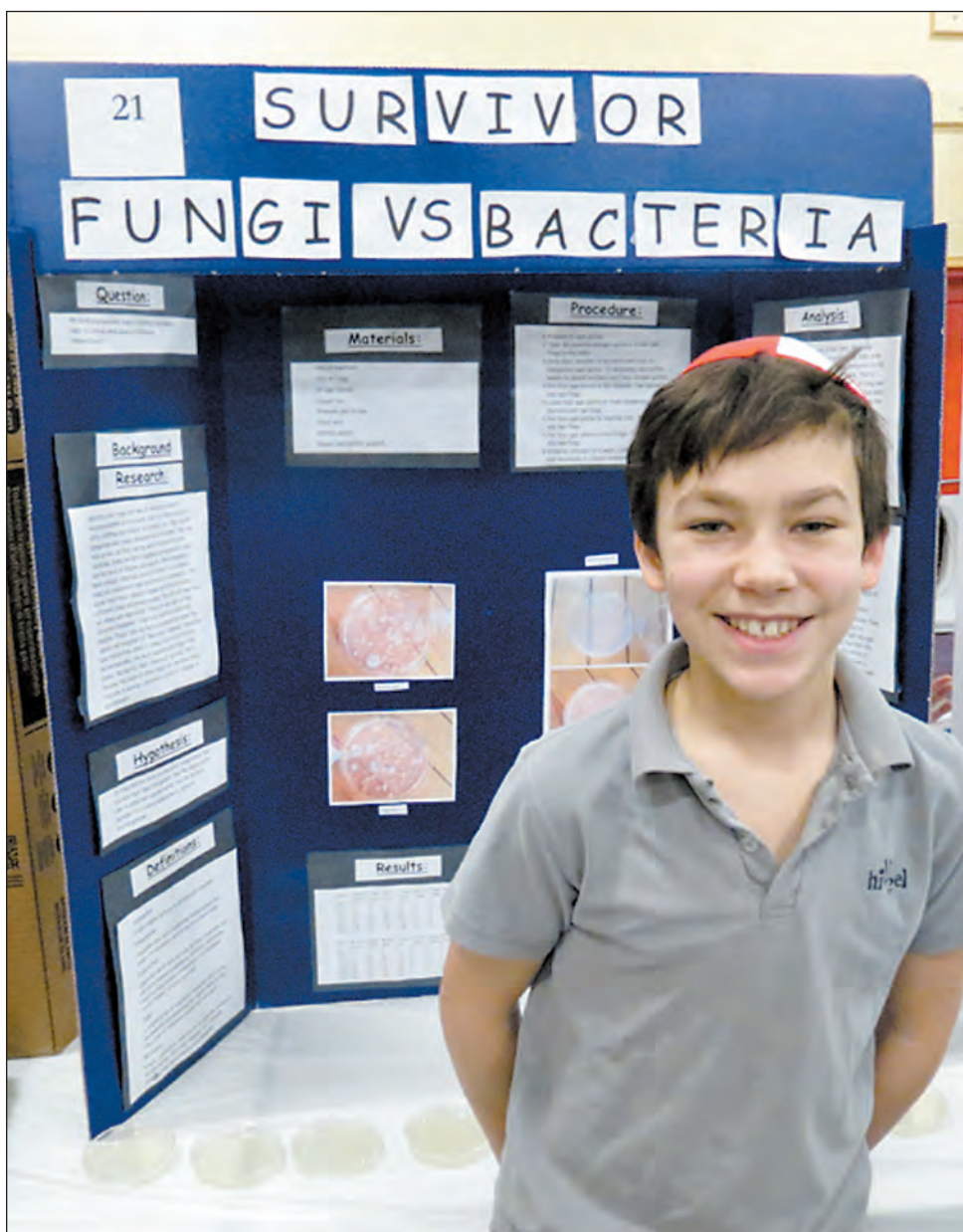
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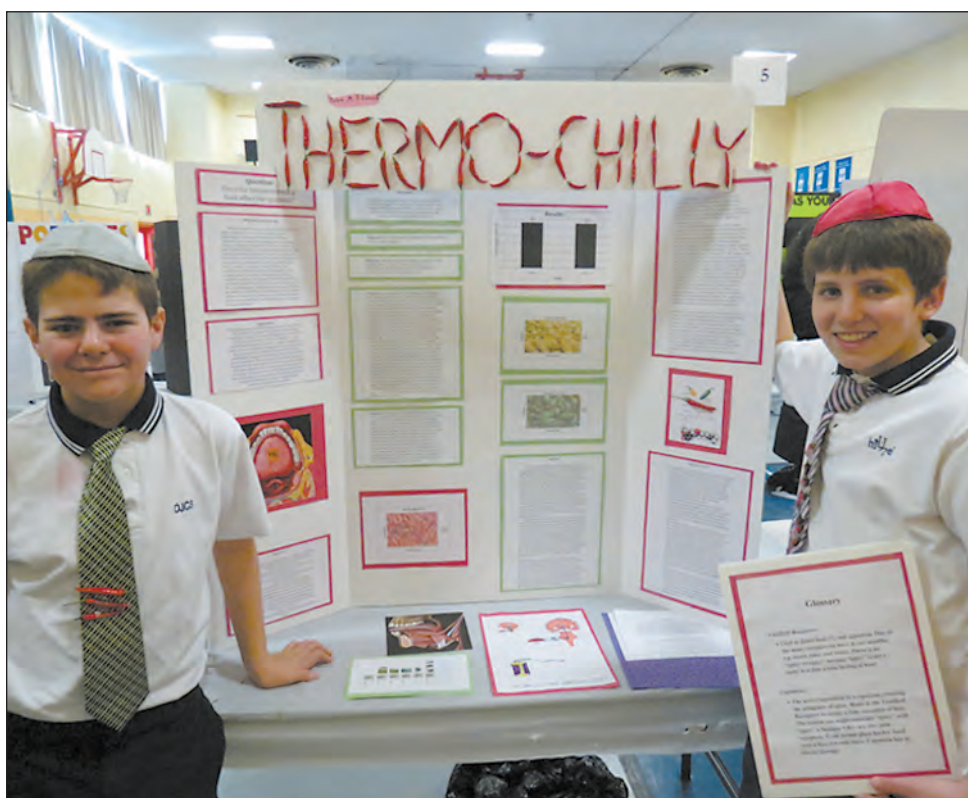
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OJCS Science Fair brings studies to life



OJCS Science Fair: Jonah Sider-Echenberg (above), the Grade 8 gold medalist, and Isaac Glassman and Jonathan Miller, the Grade 7 gold medalists, display their projects at the Ottawa Jewish Community School Science Fair, March 6. The two projects went on to compete at the Regional Science Fair, April 4.



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Brenda Saslove by Peter & Minda Wershof
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Rena & Max Cohen (grandson Jake) by Mera & Bill Goldstein
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ENGAGEMENTS, WEDDINGS & ANNIVERSARIES:

Mr. & Mrs. Manny Agulnik (anniversary) by Sheila & Larry Hartman
Mr. & Mrs. Allan Cantor (daughter's wedding) by Tom & Natalie Gussman

Jane & Eric Cohen (engagement) by Sheila & Morton Baslaw; Linda, Esther & Lisa Rossman

Arielle Goldman Smith & Ryan Gibson (anniversary) by Fern Goldman

Arlene & Seymour Isenberg (son's engagement) by Esther & Irving Kulik

Reesa Kadaner & Duddy Lieberman (wedding) by Sharon & Allan Lerman

Arlene Bloomfield & David Mercer (engagement) by Barbara & Larry Hershorn

Helen & Sol Silverman (68th anniversary) by Marilyn & Jill Binder
Laura & Gordon Spergel (anniversary) by Libby & Stan(z") Katz
Mr. & Mrs. Alvin Stein (anniversary) by Sheila & Larry Hartman

Rosalie & Ernie Vos (50th anniversary) by Anna-Lee Chiprout; Anna Czajezncky

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James & Helen Lunney by Robert & Susan Wollock

Aryeh Sabo by David Shoihet
Moishe Tzvi Sabo by David Shoihet

Yael Leah Sabo by David Shoihet
Yakir Yishai Sabo by David Shoihet

MAZEL TOV TO:

Dr. & Mrs. Carl Brownstein by Fern, Arielle & Elie Goldman
Mr. & Mrs. Arthur Cogan (new home) by Gail & Stephen Victor

Rosalind Conway (appointment as Deputy Judge) by Marion Silver & Alan Brass

David Fisher (EMBA) by Sheila & Morris Baslaw
Rabbi Jarrod Grover (Harper trip) by Murray & Bryna Cohen

Peter Jassem (recognizing your fine works) by Ruth, Leon & Floralove Katz

Robert Krantzberg (2013 Torch Award) by Myra & Sam Krane
Maya & Dahlia Lesh (acceptance to Canterbury HS) by Paul & Sharon Finn

Julie Lesser (Adam's call to the Quebec Bar) by Marion Silver & Alan Brass

Judy Lief (retirement) by Rosalie & Harold Schwartz
Mr. & Mrs. Moses (Robbie's call to bar) by Myra & Sam Krane

Joshua & Elvire Rotblatt (new home) by Penny Torontow
Lorne Sharfe (Queen Diamond Jubilee Award) by Annette Albert

Lawrence Soloway by Alan & Margo Blostein
Jordyn Vienneau (Masters in Bio Mechanics) by Floralove Katz

IN HONOUR & APPRECIATION:

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Dr. Holly Evans by Leo & Ruth Katz

Sid & Rose-Anne Goldstein by Gail & Stephen Victor
Dr. Lyall AJ Higginson by Leo & Ruth Katz

Irving & Esther Kulik by Marion Silver
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Community Yom Ha'Atzmaut celebration moves to Hellenic Centre

BY PAMELA ROSENBERG
SOLOWAY JCC

The community will come together on Yom Ha'Atzmaut, May 6, to celebrate the 66th anniversary of Israeli independence with music, food and family fun at a new, more central and more intimate location: the Hellenic Meeting & Reception Centre at 1315 Prince of Wales Drive, next to Temple Israel.

"I am so excited about this year's Yom Ha'Atzmaut celebration. The new location is so convenient with lots of free parking," said event chair Penny Torontow. "There will be loads of entertainment and Israeli folk dancing. Ottawa's Yom Ha'Atzmaut celebration has become the largest gathering of the year. Don't miss it!"

The celebration features plenty of free family friendly entertainment, beginning at 5 pm, with buskers, balloon artists, stilt walkers, Israeli Folk Dancing and a DJ – plus a delicious dinner available for purchase from Creative Kosher Catering.

A new Children's Activity Committee, headed by Arielle Kreisman, Hailey Desormeaux and Jaclyn Friedlich, has put together a plethora of fun-filled games and crafts, including a children's activity tour across Israel.

New this year, each child will receive an *Israeli Passport*, which will be stamped

as they travel across Israel and complete an activity in every city. In Tel Aviv, they will decorate hamsas and string beads and, in Jerusalem, write wishes for the Kotel and make their own Israeli flags. In Eilat, they will decorate cardboard visors and, in Haifa, have their faces painted.

Earlier in the day, the community is invited to join Jewish community leaders and dignitaries at Ottawa City Hall's Marion Dewar Square, 110 Laurier Avenue, at 12:30 pm as the Israeli flag is raised in honour of Yom Ha'Atzmaut.

A chartered bus will be available to take people from the Soloway Jewish Community Centre (SJCC) to the flag-raising ceremony at City Hall and back.

YOM HAZIKARON

Yom Hazikaron, Israel's Memorial Day, will be observed Sunday, May 4, 7 pm at the SJCC.

The observance will include a screening of the film, *A Green Kippah*. The 22-minute film chronicles the lives and tragic deaths of three American Jews – Michael Solomonov, Rita Levine and Michael Levin – who were killed in Israel through terrorism, a sniper's bullet, and while defending the country's borders.

"This film was made especially for Yom Hazikaron," said Vered Israel



Dancers celebrate at last year's community Yom Ha'Atzmaut celebration, April 16, 2013. PHOTO: HOWARD SANDLER

Program Manager Penni Namer. "It's important because it shows how Jews around the world are affected by the wars being fought in Israel."

For more information on these

programs – or to reserve a seat on the bus to the Yom Ha'Atzmaut flag-raising ceremony at City Hall – contact Penni Namer at pnamer@jccottawa.com or 613-798-9818, ext. 243.

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

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In Memory of:
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In Honour of:
Dora and Sam Litwack Mazal tov on the engagement of your daughter Marilyn with love by Sonja and Ron Kesten

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In Memory of:
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In Observance of the Yahrzeit of:
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In Honour of:
Bess Swedlove Happy 100th birthday by Sharon and Joel Edelson
Sharon and Joel Edelson Happy 50th anniversary with love by Jill and Allan Bellack and family

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In Observance of the Yahrzeit of:
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In Honour of:
Faigy and Zachary Muroff Mazal tov on the birth of your grandson by Elaine Friedberg and Bob Dale
Ruth and Dale Fyman Mazal tov on the birth of your granddaughter by Elaine Friedberg and Bob Dale

Nell Gluck Memorial Fund

In Honour of:
Geri Miller Happy birthday by Julia Gluck, Ted and Jess Overton
Harvey and Yvonne Lithwick Mazal tov on your 50th wedding anniversary by Henry and Maureen Molot and family
Dale and Ruth Fyman Mazal tov on the birth of your granddaughter by Henry and Maureen Molot
Cheryl and Bob Goodman Thanks for your hospitality by Maureen Molot
In Memory of:
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Tzirel Ilana Solomon by Henry and Maureen Molot
Anne Koffman by Henry and Maureen Molot

Evelyn and Irving Greenberg Fund

In Memory of:
Norman Sim by Evelyn Greenberg and family

Gunner Family Fund

In Memory of:
Robert Elder by Sol and Estelle Gunner
Anne Koffman by Sol and Estelle Gunner
R'fuah Shlema:
Carol-Sue Shapiro by Sol and Estelle Gunner

David, Harvey, Victor Kardish Family Fund

In Honour of:
Sally Taller Happy birthday by Margo, David, Aaron and Gail Kardish

Dorothy and Maurie Karp Endowment Fund

In Memory of:
Maurie Karp, my beloved husband who passed away five years ago on Shushan Purim by Dorothy Karp and children; and by Harvey and Carol Goodman and family
In Honour of:
Dorothy Karp Happy special birthday by Harvey and Carol Goodman and family

Morris and Lillian Kimmel Family Fund

In Memory of:
Rabbi Scheiner by Morris Kimmel, Steven and Shelli Kimmel, Janet and Stephen Kaiman and Brenda and Nathan Levine

Farrand and Joyce Miller Family Fund

In Memory of:
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In Memory of:
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In Honour of:
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Dovber and Yocheved Shapiro Mazal tov on the birth of your twins with love by Dovid and Jessica Shoihet

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In Memory of:
Anne Mayberger Blair by Laurie and Carol Pascoe
Anne Koffman by Laurie and Carol Pascoe; and by the Avery family

Recreation/Music Fund

In Memory of:
Larry Gradus by Sonja and Ron Kesten
Anne Mayberger Blair by Sonja and Ron Kesten

In Honour of:
Sara Vered Mazal tov on being awarded the Order of Canada by Sonja and Ron Kesten

Therapeutics Fund

In Honour of:
Paul Weiner Happy birthday with love by Carol Gradus
Barbara and Jeff Rosenberg Thank you for your hospitality with love by Carol Gradus
Carla and Bruce Weiner Much thanks and love by Carol Gradus

Phyllis and Max Sternthal Wishing Max continued good health and welcome home to both of you with love by Carol Gradus

In Memory of:
Howard Grant by Carol Gradus

IN HONOUR OF:

Miriam and Charles Taub Mazal tov on Michael's marriage to Ariella by Barry and Zahava Farber

Bess Swedlove Happy 100th birthday by Jill and Allan Bellack; and by Lily Feig

Manny and Paula Agulnik Mazal tov on the birth of your granddaughter by Shirley and Norm Levitt

Malka Feig Happy birthday with love by Golda, Ned, Noam, Adina and Yona Steinman; and by Lily Feig

Jennie Morin Happy birthday with love by Golda, Ned, Noam, Adina and Yona Steinman

Chaim Feig Happy birthday with love by Golda, Ned, Noam, Adina and Yona Steinman

Chuck Merovitz Happy 65th birthday by Steve and Roz Fremeth

Dr. Steven Fremeth In appreciation by Leah and Bob Gencher

IN MEMORY OF:

Mother of Daniel Chemla by Rita Hornstein

Ian Kagedan by Valerie and Gaby Terkel; and by Gary and Heather Cohen

Howard Grant by Bev and Bryan Glube and family

Reuben Fine by Alvin and Monica Stein and family; and by Joan Bloom

Mother of Mark Buckshon by Golda and Ned Steinman, Noam, Adina and Yona

Abe Farber by Barry and Zahava Farber

Robert Elder by Marsha and Art Saper; by Etta Karp; by David and Beverly Gluzman; Ingrid Levitz; by Raoul and Sandra Korngold

Donna Shore by Claire and Irving Bercovitch

Anne Mayberger Blair by Eric Elkin and Molly Hirsch; by Lily Feig

Anne Koffman by Residents, Board and Staff of Hillel Lodge; by Ingrid Levitz; by Gary and Heather Cohen; by Lorna and Carl Raskin; by Michael and Judy Aranoff; by Helen and Meyer Alvo; Rena and Max Cohen; by Rosalie and Harold Schwartz; by Brian Goldstein; by Sylvia Bronsther; by Ellen and Sam Gelman; and by Jess, Stephen, Jacqui and Adam Miller

Dr. Leo Shack by Gary and Heather Cohen

Rabbi Scheiner by Leah and Issie Scarowsky
Gordon Viner, (the Yahrzeit) by Suzan Viner-Warkentin

Frank Owen by Golda and Ned Steinman and family

Joyce Foxman by Norma and David Freeman

IN OBSERVANCE OF THE YAHRZEIT OF:

Moshe Feig by Barry and Zahava Farber and family; and by Joan Bercovitch and Ian Sadinsky and family

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

GIVING IS RECEIVING – ATTRACTIVE CARDS AVAILABLE FOR ALL OCCASIONS

Here's a good opportunity to recognize an event or convey the appropriate sentiment to someone important to you and at the same time support the Lodge. Card orders may be given to Bev at 613-728-3900, extension 111, 8:30 a.m. to 4:30 p.m. Monday to Thursday, 8:30 a.m. to 3:30 p.m. Friday. You may also e-mail your orders to donations@hillel-ltc.com or online donations can be made through CanadaHelps.org. All orders must include name, address, postal code, and any message to person receiving the card; and, amount of donation, name, address and postal code of the person making the donation. Cards may be paid for by Visa, Mastercard, American Express, Cheque or Cash. Contributions are tax deductible.

Community needs inclusive *shulplex* to unite all Jews

As Passover approaches, we must think about our responsibility to retell the greatest story ever told and just how it relates to us personally here in Ottawa. We must try and create attachment and connection for the next generation as well as future generations.

With Ottawa slowly awakening from the cold winter and from the frozen-in-time thinking that has seen our Jewish community struggle with affiliation rates and the implications of the Pew Research Center Survey of U.S. Jews, the reality of synagogue deficits and that there are too many aging shuls for them all to remain viable and sustainable has begun to open eyes of the community to the disconnection from the religiosity factor of proximity to a downtown shul that began when the JCC, Hillel Academy and Hillel Lodge all relocated to the west end.

I believe we need a vision and a plan to unite and build a *shulplex* on the Jewish

Community Campus – a place for all of the Jewish denominations to thrive while combining freedom, tradition and religiosity with the journey of getting there.

Freedom is an essential human value that is asserted in our Torah tradition. It is kept alive through the laws developed by a community. At the core of it all are reverence for life and responsibility for justice and righteousness. These are really important ideas and values that sustain human civilization as we know it – and as we desire it to be.

“Tradition and change” must become our motto because it is the best response to assimilation or to fundamentalism and it must be authentic because, as we go from generation to generation, we stand on the shoulders of those who came before us and thus see even further. We must take what is old and make it new.

And, if it is new, we have to make it better.

Our Jewish framework is one that says

DAVID KARDISH GUEST COLUMN

we are not simply about keeping the past alive. We should be about taking the lessons of the past and making the present and future better, so that our children are learning and living a meaningful and applicable Judaism. This necessitates open hearts, real welcoming, real concern and real connection. It means investing in the best educators.

We have a job to do and, if we had a *shulplex* on campus that included *all* the denominations, all of them free to pray, to learn and to socialize in their own ways and with each other – then we would have *community*. It would be a place to break bread together centred on learning, ritual and caring for people in need.

Today, there are great challenges to the way families communicate, the way they use technology, and there is confusion about gender issues, sexuality and decision making. Our young people will only choose to come to shul, if we can make them feel welcome and if it is a place where they can develop friendships. But we need to be true to tradition while balancing fundamental values, rituals and holy time with knowing when and how to change.

A *shulplex* must embrace all. Freedom, learning and justice must include recognizing that the rights and responsibilities of Judaism apply to women, and to GLBT (gay, lesbian, bisexual and transgendered) persons, and that intermarried couples be accepted.

I hope we will all consider these issues as we prepare for our seders. May they all be meaningful and beautiful.

David Kardish is a retired businessman and concerned member of Ottawa's Jewish community.

Hillel Lodge Auxiliary to hold annual telethon, May 26

BY DEE GAFFEN
HILLEL LODGE AUXILIARY

Ruth Tal, president of the Auxiliary of Hillel Lodge, has announced the Auxiliary will host its Annual Tea and Fundraiser on Sunday, October 19. Again this year, the Auxiliary has chosen the wonderful residents of Hillel Lodge to be our honourees.

In anticipation of the Tea, the Auxiliary will hold its annual telethon on Monday, May 26. Please show your support when you are called by a Hillel Lodge Auxiliary

volunteer. This is the Auxiliary's only annual fundraiser in support of the Lodge and, especially now with government cutbacks, we really need your generosity to honour our mothers and fathers.

Last year's telethon, chaired by Annette Albert and Rena Cohen, and the Annual Tea and Silent Auction, under the direction of co-conveners Irma Sachs, Dee Gaffen and Elissa Iny, raised more than \$50,000 for the Lodge. These funds provided portable lifts, a shower chair, baths and a recreation assistant for resident programs. Your generosity is the

reason we can continue to provide for our residents. We hope we can count on you again when we call.

The Auxiliary comprises volunteers who donate their time in an effort to enhance the quality of life for those who make Hillel Lodge their home. The Auxiliary participates in programs and celebrates holidays such as Sukkot, Chanukah and Purim with the residents. Auxiliary volunteers can be spotted serving a wonderful breakfast on Mother's Day and Father's Day, dancing with the residents at birthday parties and provid-

ing little gifts for these occasions.

“This is the best auxiliary in the province,” says Hillel Lodge Executive Director Stephen Schneiderman.

If you would like to share in the mitzvot of the Auxiliary, please know volunteers are welcome.

Ottawa's Jewish community can be justly proud of its commitment to attend to the needs of its elderly. Hillel Lodge, our Jewish home for our elderly, certainly reflects our community's pledge to observe the commandment to “Honour thy Father and Mother.”



Members of the Auxiliary of Hillel Lodge at the Annual Tea and Fundraiser in 2013: (From left) Naomi Lipsky Cracower, Rhoda Zaitlin, Annette Albert, Sonja Kesten, Corinne Taylor, Irma Sachs, Dee Gaffen, Ruth Tal, Carolyn Katz, Sheila Hartman, Monica Stein, Helen Wiseman, Fran Ross, Leah Miller and Roz Fremeth.

ADULTS & ZOOMERS

Enlightened Jewish Education History of Zionism

"Zionism" is usually understood to mean the political movement associated with Theodore Herzl. But through the ages the wish to create a Jewish Homeland has been more than Herzl's dream. In these five weeks we will explore all the visions for a Jewish Homeland from the Biblical to the Socialist and beyond. We'll even spend some time challenging ourselves to discover what "Zionism" means post 1948.



May 1 – May 29
Thursday 10:30 am – 12:00 pm
Instructor: Rabbi Steven Garten

The Bible as Literature

Students will read (in English translation) and discuss selections from the Hebrew Bible using tools of literary analysis such as narrative perspective, character development, imagery and historical context.



Topics to be discussed: Exodus as an epic; David and Bathsheba as a masterpiece of dramatic irony; Didactic literature: selections from the prophets; Melodrama: David, Jonathan, Ruth, and Esther; Job, absurdity and existentialism; Hebrew poetry: Psalms, Lamentations, Song of Songs

April 1 – May 20
Tuesday 10:00 am – 11:30 am
Instructor: Professor Geffen Bar-On Santor
– University of Ottawa

Considering Ruth: Her Book, Our Story

The Megillah of Ruth is read on the festival of Shavuot, and classically understood as an illustration of the key event commemorated on this holiday, the giving of Torah at Sinai. Who is this woman and why was she important enough to have a book named for her? This question, and more, will be explored through close readings of the text, studying the historic context of the tale, and learning – as well as creating – midrashic commentary. In partnership with AJA 50+

May 6 – June 3
Tuesday 1:00 pm – 2:30 pm
\$90 M • \$110 NM
Instructor: Rabbi Liz Bolton



Evening! Music & Liturgy - From Talmud to Today

Learn how the sounds heard in North American Ashkenazi congregations evolved from their rabbinic origins into "Nusah America."

Musical experience or knowledge of Hebrew reading is not necessary to attend, participate and learn.

May 7 – June 18
Wednesday 7:30 pm – 9:00 pm
Instructor: Rabbi Liz Bolton

The Conversion of Jewish Communities

This six part lecture series introduces students to the histories of individuals and communities who have either converted into or converted out of Judaism. The histories of communities such as Donme Sabbateans, the Khazars, the Meshedi Jews, the Abayudaya of Uganda, the Black Hebrews and the Crypto-Jews of the Iberian Peninsula are some of the groups this series will explore.



April 24 – June 12
Thursday 1:00 pm – 2:15 pm
Instructor: Lilooet Nordlinger Ph.D.

Modern Quebec: From the Quiet Revolution to Today

The course will review Quebec's current issues and events and attempt to present the aspirations of the younger Quebecois generation. Among the topics for discussion: The Quiet Revolution, language rights, the FLQ and Trudeau, Rene Levesque and the rise of the independence movement, the Constitution, the rejection of the Meech Lake and Charlottetown Accords and the recent controversial Bill 60, The Charter of Values



April 29 – May 27
Tuesday 12:00 pm – 1:30 pm
Instructor: Professor Gerry Cammy

MUSIC AT MIDDAY CONCERT SERIES with Pianist Katherine Addleman

Join pianist Katherine Addleman as she performs works by the following composers and talks about their lives. Concerts take place at the SJCC on Wednesdays from 12:30 pm – 1:30 pm.



April 30 Franz Joseph Haydn
May 14 Wolfgang Amadeus Mozart

Tickets: SJCC Members and Friends of the NAC Orchestra: \$14 per lecture
General Admission: \$17 per lecture

MUSICAL MOSAIC FUNDRAISING CONCERT

Hosted by the Soloway JCC Shiru Lach Choir- featuring Jazz Vocalist Karen Oxorn and Canterbury High School's High School Chamber Chorus and Male Chorus.



Tuesday, May 27 • 7:30 pm
Soloway JCC
General Admission: \$15

PROCEEDS TO THE YOUTH SERVICES BUREAU OF OTTAWA

New! Guitar 101

With Andrew Mah— Andrew has performed professionally on classical guitar for more than 20 years. He is President of the Ottawa Guitar Society. This year he embarks on a long term project to record J.S Bach's entire catalog of solo music for lute, violin, and cello.



Guitar 101 is designed for beginners to learn the basics of proper technique, chording, fingerboard knowledge, and some of the fundamental rudiments of music reading for guitar. Students who complete the course will be able to play a few basic songs, and take with them a good foundation for continuing to develop their skills at their own pace. *Required: Acoustic guitar in playable condition, a footstool - for nylon string guitars only. Six students per class.*

April 28 – June 23
Monday 1:00 pm – 2:30 pm
OR
Monday 7:00 pm – 8:30 pm

The Soloway JCC Yiddish Theatre Players – Die Folkshpieler Present

"YIDDISH AKADEMIA FAR KUNTZ"
– "THE YIDDISH ACADEMY OF THE ARTS"

Written and Directed by Shirley R. Steinberg

Sunday, June 15 • 2:00 pm

Author Talk with Dr. Yoni Freedhoff

Dr. Freedhoff will talk about his first book for the public, *The Diet Fix: Why Everything You've Been Taught About Dieting is Wrong and How to Fix It.*



Monday, May 5 • 7:30 pm
Soloway JCC
Free Admission
Books Available for Sale

Language

Modern Conversational Hebrew - Daytime

Must be able to read Hebrew to participate for this Daytime course.

April 3 – May 22
Thursday 9:30 am – 11:00 am
Instructor: Mina Cohn

Modern Conversational Hebrew - Evening

Ulpan System Modern Conversational Hebrew with Miriam Litman

Level 3 April 2– May 28
Wednesday 7:00 pm – 8:30 pm

Level 6 March 18 – May 20
Tuesday 7:00 pm – 8:30 pm

If unsure of your level, please call (613)798-9818 ext. 254

Daytime Beginner Spanish

April 2 – May 28
Wednesday 9:30 am – 11:00 am
Instructor: Laura Gutierrez

Spanish II

April 2 – May 28
Wednesday 11:30 am – 1:00 pm
Instructor: Laura Gutierrez

Art

Acrylics

In Partnership with AJA50+

April 28 – June 16
Monday 9:30 am – 12:15 pm
\$115 M • \$135 NM
Instructor: Ted Duncan (visit Ted's website at www.tedzworks.com)

Dare to Draw- Be Inspired by Great Modern Artists

For new and returning students. Beginner to intermediate. Become inspired by artists such as Paul Klee, Pablo Picasso, Kandinsky, Chagall and others.

April 24 – June 19
Thursday 9:30 am – 12:15 pm
\$130 M • \$150 NM
Instructor: Tami Ellis - Ottawa School of Art

Drop In Art Studio

No instructor provided for this open drop-in class held in the Teen Lounge.

April 30 - June 25
Wednesday 1:30 pm – 3:30 pm
\$70 M • \$90 NM

Chinese Brush Painting /Watercolor

Watercolor: Bring your own Supplies – Art paper 145Lb., water container, colors, SML watercolor brushes

Chinese Brush Painting: Bring your own supplies: Rice paper, SML Chinese brushes, water container, colors, black ink, tape.

Contents of the two courses will be modified to the needs of the students. Communication will be done on a one-one-one basis

April 4 – May 23
Friday 9:30 am – 12:15 pm
Instructor: Rowena Tolson

YOM HATZMAUT

Tuesday, May 6, 2014 | 5:00 pm

NEW LOCATION! Hellenic Meeting & Reception Centre, 1315 Prince of Wales Drive

Delicious food from Creative Kosher
Catering available for purchase

Free parking
Fun for all!

Busker Shows
Balloon Artists
Stilt Walkers
Israeli Folk Dancing

Kids! Pick up your Israeli passport at the event and begin your tour from Metula to Eilat in celebration of Israel's 66th birthday!

 **SolowayJCC**  **VERED ISRAEL
CULTURAL AND EDUCATIONAL
PROGRAM** 

For more information contact Vered Israel Cultural and Educational Program Manager Penni Namer (613) 798-9818 ext. 243, pnamer@jccottawa.com
WWW.JCCOTTAWA.COM

Flag Raising Ceremony

Help us pay tribute to Israel's 66th year of independence with a flag raising ceremony.

Tuesday, May 6

12:30 pm
Ottawa City Hall's Marion Dewar Square,
110 Laurier Ave

A bus will be available to take people to and from the event. If you are interested in taking the bus please contact Penni to reserve your spot (613) 798-9818 ext. 243, pnamer@jccottawa.com.

The bus will leave the SJCC at 11:45 am.



 **SolowayJCC**

**VERED ISRAEL
CULTURAL AND EDUCATIONAL
PROGRAM**



YOM HAZIKARON 2014

Memorial ceremony for Israel's fallen soldiers and victims of terror

Sunday, May 4 - 7:00 pm

Soloway Jewish Community Centre • 21 Nadolny Sachs Private

 **SolowayJCC**

**VERED ISRAEL
CULTURAL AND EDUCATIONAL
PROGRAM**



יזכור



For more information please contact Penni Namer:
613-798-9818 x243 • pnamer@jccottawa.com

PURIM IN OTTAWA | Chag Sameach



Beth Shalom: Cantor Daniel Benlolo takes centre stage at the Purim celebration at Congregation Beth Shalom, March 15.



Glebe Shul: Young adults got into the camp spirit at the Glebe Shul's Purim Colour War party, March 15, at the Albert at Bay Suite Hotel.



PHOTO: PETER WAISER

Ottawa Torah Centre Chabad: Rabbi Menachem and Dina Blum with their children at the Ottawa Torah Centre Chabad's Japanese Purim party, March 16, at Cedarhill Golf and Country Club. Mentalist Haim Goldenberg entertained the adults while Li'l John the Clown performed for the children.



PJ Library Purim Palooza: Story time with Ann-Lynn Rapoport at the PJ Library Purim Palooza, a project of the Jewish Federation of Ottawa, held in partnership with the Ottawa Jewish Community School, March 9 at the school.



JET Mishloach Manot: Stacy Goldstein with one of the more than 1,200 Mishloach Manot Purim packages packed, and then delivered on Purim, March 16, by JET volunteers.



Agudath Israel: Celebrants dressed in all manner of costumes for the family Purim carnival at Agudath Israel Congregation, March 16.

PURIM IN OTTAWA | Chag Sameach



Ottawa Modern Jewish School: Spider-Man and friends at the Ottawa Modern Jewish School celebrate Purim in advance, March 2.



Temple Israel: Julie Taub (left) was Marilyn Monroe at the Temple Israel Purim party for adults, March 15. And Leora Taub Handleman was Queen Esther at the Temple Israel Purim party for children, March 16.



SJCC Purim Shpiel: *Schmaltz – Greased Purim*, directed by Pierre Brault, a parody of the Broadway musical *Grease*, was this year's Purim Shpiel at the Soloway Jewish Community Centre, March 9. Among the cast were (from left) Cynthia Bates, John Kershman and Hy Cooper.



JET: (From left) Justin Levine, Nicki Goldstone and Ilan Metz compete at JET's Olympic-themed Purim party, March 16, at the Albert at Bay Suite Hotel.



Chabad Student Network: Purim China was the theme for the Rohr Chabad Student Network's Purim party, March 15, at the University of Ottawa. The program included the Megillah reading, Chinese food and a mentalist show.

Coming of age both frum and worldly in small town Alberta

Shlepping the Exile

By Michael Wex
St. Martin's Press
217 pages.

In some ways, *Shlepping the Exile* by Michael Wex is a classic coming-of-age tale. Set in the late-1950s, it's the story of a young teenager discovering popular culture, girls – one girl in particular – and dealing with the sudden death of his father.

But Yoine Levkes isn't just any bar mitzvah boy in the era of skinny Elvis, beat poets and cool jazz. He lives in a small town, Coalbanks, Alberta, a fictionalized version of Lethbridge, where he is virtually the only Chasidic family in a tiny Jewish community where many – including the family of the girl of his dreams, Sabina Mandelbroit – are not observant.

While Wex is best known for his books about Yiddish like *Born to Kvetch* and *Just Say Nu*, my favourites of his books have been his comic and very Jewish-centric fiction like *The Frumkiss Family Business* and *The Adventures of Micah Mushmelon, Boy Talmudist*. Add *Shlepping the Exile* to that list.

Actually, this is not strictly a new book. It's a reworked and expanded version of his first book, written in 1983 and originally published by a hard-to-find small press in Canada a decade later.

The book unfolds from Yoine's perspective. He's a smart kid torn – or, at least, caught somewhere – between his old world parents and their deeply religious life and the popular culture he's drawn to; not to mention the effect his raging hormones have on his desires to know Sabina in every way imaginable. It is fun and often laugh-out-loud funny to see the world

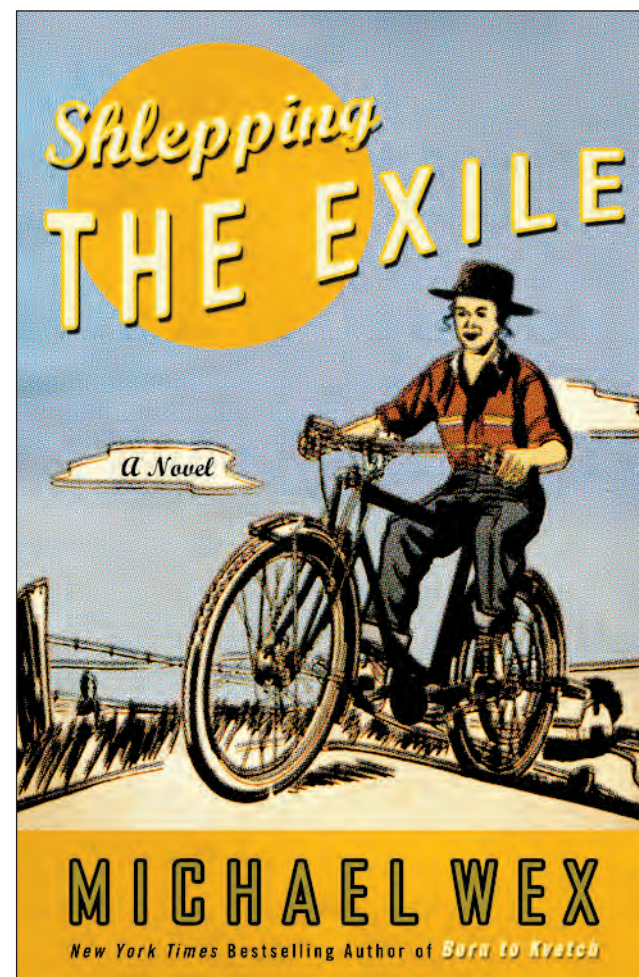
MICHAEL REGENSTREIF BOOK REVIEW

through the young boy's eyes as he navigates his way between the frum life he was born into and the secular world around him, as he discovers that even the supposedly righteous are flawed human beings with secrets and as he copes with the death of his father during Chanukah.

One of the best sections in *Shlepping the Exile* comes as Yoine recounts the details surrounding his father's funeral and the way the rabbi – who travelled to Coalbanks from Calgary to conduct the service – uses the event for his own self-promotion in direct contradiction to how his devout father wanted his funeral to unfold.

Yoine grew up with Yiddish as his first language and Wex, a skilled Yiddishist, weaves the old Jewish language throughout the book. He does it in ways that even non-Yiddish speakers will understand, often by double-speak in which the character repeats what's said, first in Yiddish and then in English, and by supplying a glossary at the end of the book. Non-Yiddish speakers will find their vocabulary grows quickly as they read.

Shlepping the Exile is a funny, often poignant, presentation of Jewish life in a place with few Jews, and of a young boy navigating that place and time with eyes that are open much wider than his parents had ever



imagined. Wex captures it all with wit and with great authenticity.

Jewish Education - there is a place for everyone.

“To my child's Hebrew school teacher:
Thank you for inspiring them with a desire to grow in a Jewish way and to learn about their heritage. Ben proudly talks (and sings even more) about his culture/religion to friends and family. I'm so, so grateful to you!”
~ Joni

Find out more about after-school and Sunday Jewish education options at jewishottawa.com/edu



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website: www.OJCF.ca

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Lawrence Gradus by Anne Steinberg.

OTTAWA JEWISH COMMUNITY
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In Memory of:
Donna Shore by Miriam Lieff and family.
Mazal Tov to:
Jackie Luffman on receiving the Ben
Karp Volunteer Service Award by Carol and
Lawrence Pascoe.

SHIRLEY AND SHIER BERMAN FUND
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In Memory of:
Reuben Fine by Shirley and Shier Berman.

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ISRAEL CULTURAL PROGRAM FUND

The Board of Directors of the Ottawa
Jewish Community Foundation acknowl-
edges with thanks contributions to the fol-
lowing funds as of March 10, 2014.

ABELSON FAMILY ENDOWMENT FUND

Condolences to:
Iris Heyman by Tracey Kronick and Alan Abelson.
Sara Shabsove by Tracey Kronick and Alan
Abelson.
In Memory of:
Anne Mayberger Blair by Lois and Bob
Abelson.
Lawrence Gradus by Lois and Bob Abelson.

ROSE AND LOUIS ACHBAR
MEMORIAL FUND

R'fuah Sh'leimah to:
Carol-Sue Shapiro by Zelda Freedman.

FRANCEEN AND STANLEY AGES
ENDOWMENT FUND

Best Wishes to:
Linda and Archie Cogan on their new home by
Fran and Stan Ages.
In Memory of:
Stan Katz by Fran and Stan Ages.

CHANI AND BRAM BREGMAN
JEWISH EDUCATION FUND

In Memory of:
Rabbi Leib Scheiner by Chani and Bram
Bregman.

TILLIE AND HARRY CHERM
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Condolences to:
Martin Schwartz by Donald Cherm and Robert
Lebans.
In Observance of the Yahrzeit of:
Harry Cherm by Donald Cherm.

DAVID AND QUEENIE COHEN
MEMORIAL FUND

In Observance of the Yahrzeit of:
Queenie Cohen, a beloved mother and bubbie,
by David and Judith Kalin and family.

SANDI AND EDDY COOK
ENDOWMENT FUND

Birthday Wishes to:
Stan Zack by Sandi and Eddy Cook and family.
In Memory of:
Stan Cherney by Sandi and Eddy Cook and
family.
R'fuah Sh'leimah to:
Millie Weinstein by Sandi and Eddy Cook and
family.

COOPERMAN-SHUSTER FAMILY FUND

In Memory of:
Naomi Bulka, a wonderful lady, by Earl and
Bruria Cooperman.

NATHAN AND REBA DIENER
ENDOWMENT FUND

In Memory of:
Anne Mayberger Blair by Joel and Barbara
Diener and family.
Mazal Tov to:
Roger Greenberg on receiving the Order of
Canada by Joel and Barbara Diener and family.
Sara Vered on receiving the Order of Canada by
Joel and Barbara Diener and family.
Susan and Charlie Schwartzman on the birth
of their granddaughter by Joel and Barbara Diener
and family.

Eric and Joy Weisbloom on the birth of their
grandson by Joel and Barbara Diener and family.

CYNTHIA AND ABE ENGEL
ENDOWMENT FUND

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Continued on page 31

Ottawa Jewish Community Foundation Legacy Challenge Fund



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Perhaps it's time to reframe the debate surrounding IAW

Over the past couple of years, the annual Israeli Apartheid Week (IAW) in Ottawa has become smaller and less noticeable to the general public. Pro-Israel advocates believe this is because of successful efforts of Jewish and pro-Israel organizations on campus. They're not wrong. Organizations like Hillel and its Israel Awareness Committee have put together very strong campaigns against IAW and promoted progressive dialogue on Middle Eastern issues to dispel many of the falsehoods put forward during IAW.

Yet the insidious IAW remains an annual occurrence on our campuses. And, when something is repeated often enough, many believe it. That is human nature. False claims, such as Israel is an apartheid state, are repeated over and over again and become planted in the minds of many.

That was the initial victory of the IAW. While we pro-Israel supporters aimed to delegitimize the absurd campaign with facts and counter-arguments, we unknowingly gave the impression that IAW was an idea worth arguing against.

Because the idea of Israeli apartheid has been said enough times, we ourselves have forgotten the ludicrousness of it. We have forgotten our right to be outraged by something so outrageous and, as such, we have been lured seductively to believe parts, albeit subconsciously, of an insidious lie. We have defended against a nonsensical claim of apartheid with cold, collected and rational facts. In some ways, we've been



RANDY FOX
CAMPUS LIFE

successful, but, in others, we have not.

A year ago, the boycott, divestment and sanctions movement (BDS) against Israel was rejected at Carleton University. Yet it was debated for weeks and given a platform in front of thousands of students. Pro-Israel students argued against BDS not by attacking the basis of the idea, but by stating the student political realm was not the place for such debates. A blog post by South African student Josh Benjamin on the *Times of Israel* website ("Reclaiming ridiculousness: The advocate's guide to Israel Apartheid Week," March 2) discussed a change of mindset in regard to combatting IAW. Rather than defend against IAW's false accusations, he suggests going on the offensive and attacking the very foundation of the apartheid accusations.

I believe Benjamin's proposal has merit. Rather than debating the merits and infringements of the security wall, should we not point towards the Universal Declaration of Human Rights? The security wall has led to the prevention of most terrorist attacks against Israel from the West Bank. Thus, rather than arguing with IAW

activists and sympathetic professors about whether they target Israel or Israelis, should we not wonder why these activists imply that Israel should not provide for fundamental human rights, such as security, for its citizens? Are they not guilty of discrimination for implying that Palestinians are more deserving of human rights than Israelis?

Why do we not appeal to emotion and make the situation relatable? Ask them if they would prefer their children to be searched at checkpoints and circumvent a giant concrete wall rather than risk their being blown to pieces by a terrorist's bomb. Walls and checkpoints were put in place for a reason: to stop such bombings from taking place.

When we debate defensively – instead of attacking the validity of the IAW accusations – we ultimately aid our opponents' arguments. The concept of Israeli apartheid has morphed from an absurdity to a widely endorsed global campaign. While organizations and pro-Israel advocates in Ottawa have done an admirable job of combatting the insidious nature of IAW, the fact that IAW continues to exist is a problem in itself.

Moving forward a new framework can be created – a framework of fairness and rationality, striving for peace instead of blame. Before that happens, though, pro-Israel advocates and supporters alike must continue to remain on guard against insidious campaigns like IAW and BDS, and remind ourselves that ideas so absurd must remain absurd, no matter how many times they're repeated.

What's in a family name?

Most of us of Ashkenazi descent doing Jewish genealogy have found it very difficult to trace our roots to much earlier than about 1800. That's because that period was when most of our ancestors were forced by decree to take on the surnames that have continued to identify our families.

It was in 1782 that Austrian emperor Joseph II enacted the Edict of Tolerance. The edict was drafted in an attempt to integrate Jews into the economic life of the empire and was followed five years later with the requirement to adopt a surname. With everyone in the empire now using surnames, it became easier to impose taxation, and to draft men into the armies. Similar legislation was enacted in other jurisdictions over the next 50 years.

Previously, your ancestor may have been known by a descriptive name, such as "Mottel the Red" if he had a red beard or "Shmuel the Butcher" if that was his profession. Their sons may have been known by another descriptive title, usually quite different than the father's.

When choosing a surname, the great majority of names were picked using one of the following methods.

Patronymics: the naming after one's father. This produced names like Aronson (son of Aron), or Manishevitz (son of Menashe). There were some matronymics selected as well, but this was not as common.

Location: the naming after a place of origin, which produced surnames such as Lublin, Berliner and Amsterdam. It was an easy way of selecting a name, but produced a problem for modern day genealogists. Since unrelated people from the same town often chose the same surname, finding someone with the same location-type surname from the same town does not automatically mean they are related.

Occupation: using one's type of work, so Shmuel the Butcher may have become Shmuel Flesher and the synagogue's cantor, may have taken Cantor or Singer as his surname. My surname, Diener, is the German word for servant, so someone in my family may have worked as a personal assistant to the magnate landowner in his town. Another prominent name in my family tree is Goldsman, from the town of Zhvanets, now in Ukraine. When visiting an archive in Ukraine last year, I came upon a census of Zhvanets from 1764, listing the first names of the Jews alongside their occupations. Some were listed as jewellers, so presumably these were my Goldsman ancestors who several years later took on that occupational surname.

Others adopted names related to their physical attributes, so Mottel with the red beard may have become a Roth or a Rothbard. Someone with very dark hair or a dark complexion may have become a Schwartz.

Others assumed names associated with beautiful things, regardless of whether there was a direct connec-



JOHN DIENER
CONNECTING
THE BRANCHES

tion to an actual place. This method produced names such as Applebaum (apple tree) and Blumenthal (valley of flowers). Selecting this type of name, which often cost more to register with the authorities, may have been seen as a way to elevate one's status in the community.

Looking at our own Jewish community, I analyzed the surnames that appear in our community cemetery on Bank Street.

The most common surname there is Cohen, and most carried the name through the link to their kohanik ancestors. The common surname Katz, and others, also represent kohanim. Similarly, we have many Levins, Levines and Levitans, as well as Segals, spelled several different ways, who are mostly descendants of the original Levites.

Some other prominent Ottawa family surnames by category include:

Patronymic – Abramson and variations;
Occupational – Baker, Cooper, Flesher, Feller and Sugarman;
Location – Saslove, Ginsberg, Shapiro and Steinberg;
Beauty – Goldberg and Greenberg.

If you are interested in what your surname means, or where it originated, much has been written about the origins of Jewish names. A simple Google search may give you a new insight into where your family came from, or how your ancestors lived 300 years ago. Alternatively, you may wish to look at the various dictionaries of Jewish surnames written by the foremost authority, Alexander Beider, in the library of the Jewish Genealogical Society of Ottawa. For information, contact the society at jgsottawa@gmail.com.

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Palestinian recognition of Israel as a Jewish state is essential

The Declaration of the Establishment of the State of Israel is explicit about what is meant by a Jewish state: a democracy for Jews from around the world seeking to escape historic persecution and looking to achieve national self-determination. The Declaration is also unwavering in its commitment to non-Jewish Israelis: The state will “foster the development of the country for the benefit of all its inhabitants and ensure complete equality of social and political rights to all its inhabitants irrespective of religion, race or sex.”

These principles have guided modern Israel throughout its 66-year life, as evidenced by the achievements of its Arab citizens in becoming members of the Knesset, Supreme Court justices, diplomats, prominent business-people and, in the case of Mais Ali-Saleh, an observant Muslim woman, the class valedictorian of Israel’s top medical school.

Like other democracies with good intentions and official policies – think of the Canadian government’s Aboriginal file – Israel hasn’t been fully successful in achieving equality for its minorities. Nonetheless, it would be hard to challenge the claim that Israel has always demonstrated fairness like no other Middle Eastern nation. Think of how Copts are treated in Egypt, women in Saudi Arabia, or gays in Gaza and Iran, and you’ll understand what I mean.

So, why is recognition of Israel as a Jewish state such an important issue in peace negotiations with the Palestinian Authority (PA)?

One reason is that the basic paradigm of the 1993 Oslo accords held that Israelis and the Palestinians alike were prepared to recognize the legitimacy of each other’s national rights and aspirations. Israeli Prime Minister Benjamin Netanyahu and his predecessors have often

talked publicly about the desirability of a Palestinian state. Palestinian leaders have never said similar things about a Jewish state.

Indeed, the PA leadership has never abandoned the demand for the return of Palestinians to “Palestine,” including all of the State of Israel. Despite PA President Mahmoud Abbas’ moderate statements to the western press corps (and recently to Israeli students who visited him in Ramallah), that’s not his style when he talks to his own people. Instead, the Palestinian media broadcasts and publishes a never-ending stream of incitement against Jews and Israel, and a glorification of terrorists and terrorism. This theme is also part-and-parcel of the textbooks used in the PA school system. Those school-books are replete with strong expressions of hatred towards Israel, the denial of its very existence as a state, and anti-Semitic diatribes.

PA spokespeople are routinely trotted out to deny any connection of the Jewish people to Israel, which they say is only a recent connection brought about through invasion of Palestinian land. The reason for all this, according to Ali Salim of the Gatestone Institute, is that Abbas really wants a Palestinian state between the Jordan River and the Mediterranean. He intends to bring this about by flooding the State of Israel with Muslim Palestinians as part of the so-called “return” of Palestinian refugees.

These arguments wouldn’t be as powerful, says Salim, if the PA recognized Israel as a “Jewish state.” That would assure Israelis that a Palestinian state bordering on Israel was the Palestinians’ final demand. Israelis also want certainty that the Palestinians will not try to use force or subterfuge to change the Jewish majority in Israel, and that no attempt will be made to force Israel to accept the return of the grandchildren and great-grand-



BOB DALE
GUEST
COLUMN

children of Palestinian refugees long settled in neighbouring countries. The end of the Israeli-Palestinian conflict, in short, would mean mutual recognition.

Israeli leaders realize that, as part of the negotiating process, they will have to make concessions, including those relating to the administration of Jerusalem and the return of territories in Judea and Samaria. In fact, they have made important concessions to date, such as the release, as a goodwill gesture, of hundreds of the most brutal Palestinian prisoners from Israeli jails. The Palestinians, though, have made few concessions. The Palestinian leadership also knows that, at the end of any negotiating process, it will have to deal with the issue of Israel as a Jewish state, and this is something they are obviously not prepared to do.

As Yosef Kuperwasser and Shalom Lipner wrote in the November/December 2011 issue of *Foreign Policy* magazine, “The Palestinian refusal to recognize Israel as a Jewish state stands at the root of the struggle and behind every so-called core issue, from determining borders to resolving the dispute over Palestinian refugees. Genuine reconciliation can be achieved, then, only once the Palestinians come to terms with Israel’s existence as a Jewish state.”

Barbara Crook’s column, My Israel, will return next issue.

Israel’s demand to be recognized as a Jewish state is unreasonable

In recent weeks, much of the peace-process-watching media has been consumed with Israeli Prime Minister Benjamin Netanyahu’s demand that the Palestinians recognize Israel as a “Jewish state.” What does this really mean?

Taken at face value, the Israeli demand seems innocent enough. Israel was founded as a refuge for Jews worldwide. Its primary national language is Hebrew and its calendar runs according to the Jewish holiday cycle. In spirit, the Israeli demand underscores the broader Israeli experience that has seen its core identity and ideology – Zionism – challenged by decades of Palestinian rejection. As Ari Shavit wrote recently in *Haaretz*, fulfilling the demand would underscore the fact that Israelis, and Jews before them, didn’t land in the region from Mars.

But, whatever the motives backing Bibi’s desire for this recognition, there is a deeper and darker underside to the request. There are at least three ways in which the demand is not only unreasonable, but might also serve to worsen Israeli-Palestinian relations.

First is the question of timing. The demand is seen by many to be a way of making an “end run,” as Hussein Ibish, a senior fellow with the American Task Force on Palestine, put it recently, around the issue of the Palestinian refugees.

Most observers realize that any likely peace agreement will not entail a wholesale return of four or five million Palestinian refugees. For his part, Palestinian Authority (PA) President Mahmoud Abbas has already renounced his personal claim to towns and cities within Israel. But



MIRA SUCHAROV
VALUES, ETHICS,
COMMUNITY

the right of return claimed by most Palestinians will still need to be deliberated upon. The likely agreement may entail a combination of financial compensation, limited return and symbolic acknowledgment of the decades-old Palestinian claim to the land. There may even be some sort of symbolic apology uttered by Israel for its role in the expulsion and fleeing of the roughly 750,000 Arabs around the time of Israel’s founding. And Israel, for its part, would like to see some compensation for the similar number of Jews who were expelled from Arab countries around the same time. Until these issues are negotiated in good faith around the negotiating table, Israel’s demand is unreasonable.

Second is the question of Israel’s Arab minority. True, Israel maintains its core identity as a Jewish state. And there will need to be a long-term recognition of the needs and identity of each side for peace to endure. But one of Israel’s many ongoing policy problems is how to better match Israel’s democratic nature with its existing laws and practices vis-à-vis the 20 per cent of citizens who are Arabs. Currently, a range of quasi-legal practices, most notably house-purchase policies based on committees

designated to determine “social appropriateness” criteria, disparate funding for towns, villages and school systems, and spousal unification policies, effectively discriminate against Arab citizens, even if the letter of the law does not. Many observers have therefore suggested that, if the PA were to comply with Israel’s Jewish state recognition demand, the PA would effectively signal it’s giving up on its Arab brethren within Israel.

Finally, as Ibish smartly suggested, this demand for recognition dangerously ignores the exchange of letters that occurred between Israel and the PLO as part of the 1993 Oslo agreement, and might therefore turn back the diplomatic clock unnecessarily. Then, the PLO recognized “the right of the State of Israel to live in peace and security,” and Israel recognized the PLO as the “representative Palestinian people.” Ibish further pointed out that, while the Palestinians recognized the State of Israel, Israelis were not forced at that juncture to recognize the right of Palestinians to a state. The acceptance of a two-state solution on the part of Israel has been arrived at gradually.

So, while the demand to recognize Israel as a Jewish state reflects deep and realistic desires for the state’s identity to be acknowledged, there is more to the request than meets the eye. In the meantime, Israeli negotiators should defer the precise demand while still harnessing that desire for authentic recognition. In turn, such a desire ultimately should be extended in a mutual way, so that each side can forge its future with integrity.

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

Spring training for Joe and Jane Average

Many of us are less physically active during the winter. We eat more and move less. We have a tendency to gain a few pounds, which we blame on the climate.

If you found this past winter long and defeating, you're not alone. It was the coldest winter in 20 years. The good news is that spring is finally here! No more excuses. Let's get off the couch and start moving. It's time for spring training!

Professional baseball players practise and participate in exhibition games as part of spring training. They also work out at the gym. Though most of us are not pro athletes, it's beneficial for our brains and bodies to get prepared for outdoor activities.

Practice makes perfect, or at least it makes us better. Are you a golfer, cyclist or runner? Don't wait until you hit the fairway or the pavement. Whatever sport you prefer, you can prevent injuries and improve performance by easing back into an exercise routine. The last thing you want is to experience hip pain after your first round of golf, or aching knees or shoulders after a tennis match. Muscular soreness up to 48 hours after exercising is normal; pain during or after exercise is not.

A full-body strength-training workout will strengthen your muscles, tendons and ligaments. You may want to try some sport-specific strengthening exercises as well. How do you find out what exercises are best for you? A trainer can assess you and develop a workout program that meets your individual needs. You can also get some general tips from sport-specific magazines or by searching for videos online.

While it's healthy to work up a sweat and increase your heart rate during physical activity, you don't want to be gasping for breath or unable to keep up with the demands of your game.

That's why cardiovascular exercise is another important part of spring training. You want to be able to cover the court and return the ball. You want to be able to get up the hills as you're cycling. If your body is deconditioned from winter hibernation, you might find that you stop in your tracks because you're out of breath or because your heart is pounding too hard. Fortunately, it doesn't take long to get back into reasonable shape. A few weeks of regular exercise and dedicated training can prepare you for your sport.

If physical activity is foreign to you, set some realistic



GLORIA SCHWARTZ
FOCUS ON
FITNESS

goals and start slowly and safely.

If your winter staples included pizza, pasta and doughnuts, or you've tried on last year's golf pants or tennis shorts and they're feeling tight, it's time to get back on track with better eating habits.

Some athletes eat less stringently during the off-season. In the springtime, they clean up their act because they know that what they put into their bodies will affect their performance. If you want to optimize your performance and decrease your waistline, think of food as energy for your body. Think before you eat. Here are a few rules to guide your decisions.

1. If you wouldn't feed it to your dog, why would you eat it?
2. If you can order it from your vehicle, it's not good for you.
3. If it comes in a box or it's from a restaurant, check the nutritional information. You may be surprised at the calories, fat and sodium per serving.
4. Eat complex carbohydrate to fuel your body for physical activity, and lean protein to recover and build muscle.
5. You can still enjoy treats! But every day is not a special occasion.

Speaking of special occasions, if you want to avoid weight gain during Passover, stop telling yourself you can eat whatever you want because it's a holiday. Traditional Passover recipes are heavy on simple carbs such as matzoh meal, potatoes and sugar. We all know what happens to our digestive systems after a week of eating matzoh. Modify your recipes to reduce calories, fat and sugar, and incorporate more whole grains.

Here are my Passover survival tips.

1. Don't overload your plate.
2. Don't take second helpings.
3. Put greens and other colours on your plate.
4. Skip dessert or savour a small tasting.
5. No matter how busy you are preparing for Passover, schedule time to get out of the kitchen each day and exercise.

Gloria Schwartz is a personal trainer at the Soloway JCC.

COMMUNITY MILESTONES |

Celebrating significant milestones or events



◀ **Leon Katz inducted as Fellow Engineering Institute of Canada :**
Congratulations to biomedical engineer Leon Katz, OC, O. Ont., one of 18 engineers from across Canada inducted as Fellows Engineering Institute of Canada (EIC) in recognition of "exceptional contributions to engineering in Canada." Katz is seen here with Jean Zu, president of the EIC Council, at the EIC Awards gala, March 15, at the Westin Hotel in Ottawa.

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

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OBITUARY

Aaron Michael Shabsove
1976-2014

Aaron passed away suddenly in Windsor, Ontario on March 19th.

Beloved son of Janet and Ed Shabsove, brother to Adina; grandson of Sara Shabsove.

Nephew of Rochelle and David Greenberg; Charles and Adrienne Shabsove;

Joe and Joanne Shabsove and Allan Shabsove.

Uncle to Tyler, Zachary & Brayden. Best friend to Beverly.

Donations to:
Canadian Juvenile Diabetes Research Fund
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WHAT'S GOING ON | April 7 to 27, 2014

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

WEEKLY EVENTS

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.

MONDAY, APRIL 7

Deadline - George Joseph Cooper Scholarship Award
Applications: Are you between the ages of 18 to 30 and studying in the artistic, literacy or social sciences fields? Consider applying for the George Joseph Cooper Scholarship Award.
Info: <http://www.ojcf.ca/programs-events/george.aspx>

MONDAY APRIL 14

Jewish Family Services Community Seder: An inclusive and interactive seder, led by Rabbi Eli Braun in English and Hebrew. NCSY office, 261 Centrepoint Drive, 7:40 pm (dinner, 8:30 pm).
RSVP by April 8 to Ranit Braun 613-722-2225, ext. 411, rbraun@jfsottawa.com

SUNDAY, APRIL 20

Buffet Brunch, Kosher l'Pesach Vegetarian Potluck Drop-in:
The Glebe Minyan, 19 - 612 Bank Street, 1 to 4 pm.
Info: Anna Maranta, 613-867-5505, maranta.anna@gmail.com

FRIDAY, APRIL 25

Kabbalat Shabbat and Dinner: Join us for a meditative Kabbalat Shabbat service followed by a potluck dairy vegetarian meal and inspiring conversation.
The Glebe Minyan, 91A Fourth Avenue, 6 to 9 pm.
Info: Anna Maranta, 613-867-5505, maranta.anna@gmail.com

SUNDAY, APRIL 27

Books and Bagels: Sophie Kohn Kaminsky reviews *Harvard Square* by André Aciman.
Temple Israel, 1301 Prince of Wales Drive, 9:30 to 11 am.
Info: Shayla Mindell, 613-594-4556, shaylamindell@rogers.com

Yom HaShoah Commemoration – Breaking the Walls of Indifference:

Keynote speaker is Father Patrick Desbois, president of the Yahad-In Unum Association, 7 to 9 pm.
Info: Benita Siemiatycki, 613-798-4696, ext. 227, bsiemiatycki@jewishottawa.com

COMING SOON

MONDAY, APRIL 28

Healthy Living Fair: More than 25 exhibitors provide information regarding healthy living and healthy aging, with demos, door prizes and snacks available all day. A kosher light lunch available for sale. AJA 50+ summer program registration will also take place.
Congregation Agudath Israel, 1400 Coldrey Avenue, 9:30 am to 3 pm.
Info: Annette Paquin, 613-526-2968, aja50plus@sympatico.ca

Panel Discussion on Genocide:

Duty to Remember and the Rebuilding of Nations
A thought-provoking discussion on genocide, exploring how tolerance, understanding and a duty to remember are essential ingredients in preventing such evil. Limited seating. St. Paul University Amphitheatre, 223 Main Street, 5:30 pm.
Info: Benita Siemiatycki, 613-798-4696, ext. 227, bsiemiatycki@jewishottawa.com

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

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Aaron Shabsove, Windsor
(grandson of Sara Shabsove)

Norman Sim

Reuben Yumanksy, Montreal
(father of Clifford Yumansky)

May their memory be a blessing always.

The Condolence Column is offered as a public service to the community. There is no charge.

For listing in this column, please call 613-798-4696, ext. 274. Voice mail is available.

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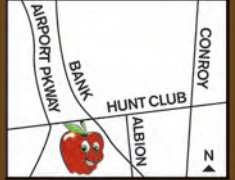
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'Next year in Jerusalem' is a statement of hope

Dasee Berkowitz asks us to ponder where Jerusalem resides for each of us.

On a recent trip to Jerusalem, my son decided his favourite colour was gold. When asked why, he replies with a wry smile befitting a five-year-old.

"Jerusalem is the city of gold, of course," he says.

When we told him our family was moving to Israel this summer, he was quite pleased.

"Ima, will we live there until I'm a grown-up?" he asked.

That's the idea, we nodded.

While I know what my family will mean when we reach the end of the Passover seder this year and say, "Next Year in Jerusalem," for those not making the trek to the Holy Land anytime soon, what do these words mean? Are we being disingenuous? Or, as the Rabbis encourage with every other part of the Haggadah, are we expounding, embellishing, interpreting and reading ourselves into the story of the Exodus from Egypt?

The end of the Haggadah, with the promise to arrive "next year in Jerusalem," is just as ripe for exploration as the beginning.

I am always struck when Israelis, especially Jerusalemites, say "Next year in Jerusalem" with the same intention as their Diaspora brethren. Jerusalem surely cannot only represent a physical destination. It must represent more; an ideal, a hope, a possibility.

In the language of the Haggadah, the land of Israel and Jerusalem represent the final stage of redemption. When we lift the four cups of wine during the seder, we are giving ritual expression to the four stages the Jewish people move through, with God as their guide, to reach freedom and leave Egyptian slavery in the dust.

The Torah explains (Exodus 6:6-8), "I

[God] will bring you out from under the burdens of Egypt" (cup 1); "I will deliver you out from their bondage" (cup 2); "I will redeem you with an outstretched arm" (cup 3); and "I will take you to me for a people" (cup 4). But there is a fifth mention of redemption just a few verses later in the narrative: "And I will bring you into the land (of Israel)."

Arriving to the land is the final stage of redemption and corresponds to the cup of Elijah, the prophet who is said to be the one who ushers in messianic times. The cup, untouched yet filled with wine to the brim, represents the future ahead, filled with possibilities and promises for peace on earth.

As the late Rabbi David Hartman wrote in *The Leader's Guide to the Family Participation Haggadah: A Different Night*, "The cup is poured, but not yet drunk. Yet the cup of hope is poured every year. Passover is the night for reckless dreams; for visions about what a human being can be, what society can be, what people can be, what history may become. That is the significance of Le'shanah ha'ba'a b'Yerushalayim (Next year in Jerusalem)."

Now that we are freed from the bondage in Egypt, we are called to embrace our biggest dreams, and our wildest aspirations for ourselves, for Israel and for the world.

Or when we say "Next year in Jerusalem," are we referring to a more modest endeavour?

There is a midrash about the etymology of the word Jerusalem (Yerushalayim). The Rabbis look at the word "Yerusha," which means inheritance, and "ayim," which connotes doubling, and understand that there are two Jerusalems – a heavenly one and an earthly one. While the heavenly Jerusalem might refer to the possibilities



PHOTO: YONATAN SINDEL/FLASH 90
In the language of the Passover Haggadah, the land of Israel and Jerusalem, seen here, represent the final stage of redemption.

of a world redeemed, an earthly one is rooted in the complexities of politics, economics and daily life. It is a place filled with energy, vibrancy and urgency.

In the late poet Yehuda Amichai's terms, Jerusalem is a place where its inhabitants are longing for God's presence. Jerusalem, he wrote, is "saturated with prayers and dreams like the air over industrial cities. It's hard to breathe." And according to the midrash, the earthly Jerusalem is the place where God will arrive even before reaching the heavenly Jerusalem. As the midrash imagines God saying, "I will not come into the city of Jerusalem that is above until I first come into the city of Jerusalem that is below."

What does it mean to make earthly Jerusalem a place in which God – whatever God means for us – can enter and reside? Let us create partnerships with Israelis that help let a sense of Godliness, justice and love permeate the city. Let us devote more time to learning more about the complexity of life in Israel through travel and research. Let's partner with

Israelis working on the ground to improve society through education, social and economic equality, and religious pluralism. Let's read more Israeli literature and honour Israeli artists.

Or is Jerusalem a state of mind?

More than physical places, rabbis have noted that Egypt and Jerusalem represent two inner spiritual states. Mitzrayim (Egypt) has at its root "tsar," or narrowness. Egypt represents the places in which we live in narrow places, where we feel constricted and confined. It is a state in which we are quick to anger, to react, to put our own ego needs before the needs of others.

Jerusalem, on the other hand, has at its root "shalem," or "wholeness." It is the feeling of expansiveness, when the disparate parts of ourselves weave together into a seamless whole.

As the seder winds down and the matzo crumbs are swept off the table, let the question of "next year" continue to echo – with all its hopes, plans and the self-understandings of where Jerusalem resides for each one of us. – JTA



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Passover feature

Delicious suggestions for post-seder meals

BY HELEN NASH

Planning Passover meals is always a wonderful challenge. For the seders, most of us focus on traditional family recipes because they are tried and proven and because everyone likes them (and often asks for these favourites dishes).

But what about meals for the remaining six days?

Once the big seder meals are done, it's nice to be able to eat healthy, simple and flavourful meals for the rest of the week. An abundance of vegetables, fruits, poultry, meat, fish and fresh herbs can be incorporated into cooking on Passover.

Here are some recipes that I make on Passover, because they are easy to prepare and provide flexibility as to when they can be served – not to mention they are quite delicious.

CARROT-GINGER SOUP

Makes 8 servings

The apple and the ginger give this creamy soup – which is made without

any cream – a bit of a bite.

2 tablespoons extra virgin olive oil
1 medium onion, sliced
2 garlic cloves, quartered
1 3/4 pounds carrots, peeled and sliced,
plus 1 extra carrot for garnish
1 small Granny Smith apple, peeled
and sliced
1-inch piece ginger, peeled and sliced
5 1/2 cups vegetable broth
1 tablespoon freshly squeezed
lemon juice
Kosher salt
Freshly ground black pepper

Heat the oil in a medium saucepan. Add the onion, garlic, carrots, apple and ginger, and sauté for 3 minutes. Add the broth and bring to a boil over high heat. Lower the heat and cook, covered, about 30 minutes, until the carrots are tender.

Cool a little. Purée the soup in a blender, in batches, until smooth. Return it to the saucepan.

Season to taste with lemon juice, salt and pepper.



COURTESY HELEN NASH
Halibut Ceviche serves as an alternative to gefilte fish for an appetizer or light lunch.

To prepare the garnish: Steam the remaining carrot until just tender and grate. Before serving, sprinkle each bowl with the grated carrot.

HALIBUT CEVICHE

Makes 4 servings

Ceviche is a refreshing appetizer that I make with fresh fish marinated in lime juice. The juice cooks the fish in a very short time, allowing it to turn opaque and firm. It can be served on a bed of butter lettuce with slices of avocado.

It's a wonderful alternative to gefilte fish for an appetizer or makes a nice, light lunch.

1 pound skinless halibut,
cut into 1/4 inch cubes
1 teaspoon kosher salt
1/3 cup lime juice, plus 2 tablespoons
2 jalapeño peppers, seeded,
finely chopped
2 scallions, including the green part,
thinly sliced
1/4 cup loosely packed cilantro leaves
Freshly ground black pepper
Butter lettuce
Slices of avocado

Place fish in a nonreactive bowl and season with salt. Pour juice over fish and press down so the fish is submerged in the juice. Cover and refrigerate for 1 hour or until fish is opaque and firm.

Drain off and discard the lime juice. Add peppers, scallions and cilantro to

the fish. Just before serving add the remaining 2 tablespoons lime juice and season to taste with salt and pepper.

CHICKEN WITH POTATOES AND OLIVES

Makes 4 servings

I am always pleased to come up with a dish that is a meal in itself, one that combines either chicken or meat with vegetables.

This is one of my favourites. I bake it in an attractive casserole so it can go directly from the oven to the table.

5 tablespoons extra virgin olive oil
9 garlic cloves
Kosher salt
1/4 cup freshly squeezed lemon juice
Leaves from 10 thyme sprigs
Freshly ground black pepper
4 boneless, skinless chicken breasts
(about 6 ounces each)
5 plum tomatoes
1 pound Yukon gold potatoes,
unpeeled, quartered
1/2 cup pitted black olives, quartered

Preheat the oven to 450 F. With 1 tablespoon of the oil, grease a glass, ceramic or enamel-lined baking pan that can hold all the vegetables in a single layer.

Coarsely chop 4 of the garlic cloves on a cutting board. Sprinkle with 1/2 teaspoon salt and, using a knife, crush them into a paste. Place the paste in a small bowl and combine it with the lemon juice, 2 tablespoons of the oil, half of the thyme leaves and pepper to taste.

Pat dry the chicken breasts with paper towels and season lightly on both sides with salt and pepper. Coat the chicken with the mixture and set aside.

Bring a pot of water to a boil. Drop the tomatoes into the boiling water; bring the water back to a boil and drain. Core the tomatoes and slip off the skin. Cut the tomatoes in half widthwise and squeeze gently to remove the seeds. (Some seeds will remain.) Cut the

See Recipes on page 3

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Recipes: Enjoy light meringues

Continued from page 2

tomatoes in quarters.

Thickly slice the remaining 5 garlic cloves and spread them in the prepared baking pan along with the tomatoes, potatoes, olives, the rest of the thyme leaves and the remaining 2 tablespoons of oil. Season to taste with salt and pepper.

Roast the vegetables, uncovered, for 20 minutes, or until almost tender.

Place the chicken breasts on top of the vegetables and bake, uncovered, for 5 minutes. Turn them over, spoon on some pan juices and bake for another 5 minutes, or until the chicken is slightly pink on the inside. Cover with foil for 1 minute.

ROASTED CAULIFLOWER

Makes 4 servings

Roasting is an easy and delicious way to transform this reliable standby into a wonderful dish.

1 medium head cauliflower
(about 2 pounds)
2 garlic cloves, minced
2 tablespoons extra virgin olive oil
Kosher salt
Freshly ground black pepper

Preheat the oven to 400 F. Line a baking pan with foil.

Cut the stalk and leaves off the cauliflower and discard. Cut the head into small florets. Place the garlic in the baking pan. Arrange the florets on top; drizzle with the oil and season to taste with salt and pepper. Bake for 20 minutes, or until tender.

CHOCOLATE MERINGUE SQUARES

Makes 3 1/2 dozen squares

These meringue squares are like cookies, but they are light, chocolaty and surprisingly low in calories. They can be

presented as cookies or cut into individual squares and served with either sorbet or fresh fruit on the side.

1 tablespoon unsalted margarine,
for greasing the pan
1/2 pound blanched almonds
6 ounces good-quality imported semisweet
chocolate, broken into small pieces
8 large egg whites (see note below)
1 cup sugar

Preheat the oven to 350 F. Line a 9-by-13-by-2-inch baking pan with wax paper and grease the paper with the margarine.

Chop the almonds in a food processor, in 2 batches, until medium-fine. Transfer to a bowl. Chop the chocolate in the processor until fine and combine with the almonds.

Place the egg whites in the bowl of an electric stand mixer. Using the balloon whisk attachment, beat at high speed until foamy. Gradually add the sugar and beat until stiff.

With a large rubber spatula, gently fold the chocolate-almond mixture into the egg whites, making a motion like a figure eight with the spatula. Do not over mix.

Spoon the batter into the prepared pan and smooth the top. Bake on the middle shelf of the oven for 25 to 30 minutes, until a cake tester inserted in the centre comes out almost dry.

Cool on a wire rack. Invert onto a cutting board and peel off the paper. Cut into 1 1/2-inch squares.

Notes: It is easier to separate the eggs straight from the refrigerator, when they are cold. Make sure the whites have come to room temperature before beating.

To freeze the squares, place them side by side in an air-tight plastic container, with wax paper between the layers.

—JTA



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Passover Feature

From the grain to the oven, matzo lovingly handmade

BY TALIA LAVIN

In their small farmhouse bakery in Vermont, Doug Freilich and Julie Sperling work round the clock producing matzo in the period preceding Passover – a matzo that feels ancient and modern at once.

Using a mix of grain they grow on their own farm and wheat sourced from other local farmers, the couple create hundreds of pieces of the wholesome unleavened bread they call Vermatzah.

“The idea came because of our initial interest in growing grains, looking at them from the harvest to the baking in a very simple sense, and highlighting grains that have good flavour,” Freilich told JTA. “We celebrate our own Passover each year, we go through the matzo-making ritual for both the spring awakening and remembering the storytelling of this holiday.”

Freilich and Sperling, co-owners of the Naga Bakehouse in Middletown

Springs, Vt., are among Jewish bakers looking at new ways to create matzo in ways that dovetail with the concerns of an age of foodies and locally sourced groceries.

They are joined in the process by their teenaged children, Ticho and Ellis.

“Between the four of us, we are working each and every piece by hand: they are handmade with fingerprints, and heart, and soul,” Freilich said. “Our matzos are tinted and kissed by the fire of the wood oven.”

At the end of the labour intensive process, each matzo is wrapped in parchment paper and hand tied before being sent off with a bonus seed packet of wheat berries from the family’s farm.

Freilich and Sperling have been making Vermatzah for six years. Now others are beginning to embrace matzo’s role in the farm-to-table trend.

The Yiddish Farm, an eclectic collective in Goshen, N.Y., that combines



Julie Sperling works the matzo dough at the Naga Bakehouse in Vermont.

PHOTO: COURTESY OF NAGA BAKEHOUSE

Yiddish language instruction with agriculture, is producing its own matzo, this year, baked with grain grown in its fields.

The matzo will be whole wheat and shmurah – a ritual designation for matzo that refers to a process of careful supervision, which begins when the matzo’s grain is in the field and doesn’t stop until the matzo is baked.

The process involves planting, combine-harvesting, reaping, milling and sifting at the Yiddish Farm, according to the *Forward*.

For Anne Kostroski, owner of Crumb Bakery in Chicago, making her own matzo has less to do with food ideology than more practical matters.

“I don’t like eating store-bought matzo because I think it tastes awful,” she said, laughing.

Kostroski, 41, has been making her own signature matzo for nearly 20 years, since her conversion to Judaism in the mid-1990s.

“The matzo I make is made with honey, locally sourced eggs, black pepper and olive oil,” Kostroski said. “It’s flat and crunchy, but not as dry as the

regular store-bought plain matzo.

There’s a hint of heat and sweetness that makes matzo more interesting.”

For Kostroski, matzo making has been a part of her Jewish journey, even when she hasn’t been able to attend synagogue regularly under the strain of a baker’s life. Matzo creates a feeling of connection with history and tradition, she explains.

And her homemade matzo, which she sells at farmer’s markets, her Chicago eatery, the Sauce and Bread Kitchen, and by pre-order – is made lovingly and painstakingly by hand.

“I make several hundred matzos a year, mixed, rolled and baked,” she said.

“One batch is maybe two dozen and it’s really labour intensive.”

Kostroski says demand is increasing, slowly but surely, year by year.

“I came across this recipe in 1995 and I started making it, and I’ve been making it ever since,” Kostroski said.

“People are not expecting different types of matzo – they expect something flavourless, and it doesn’t have to be.”

– JTA

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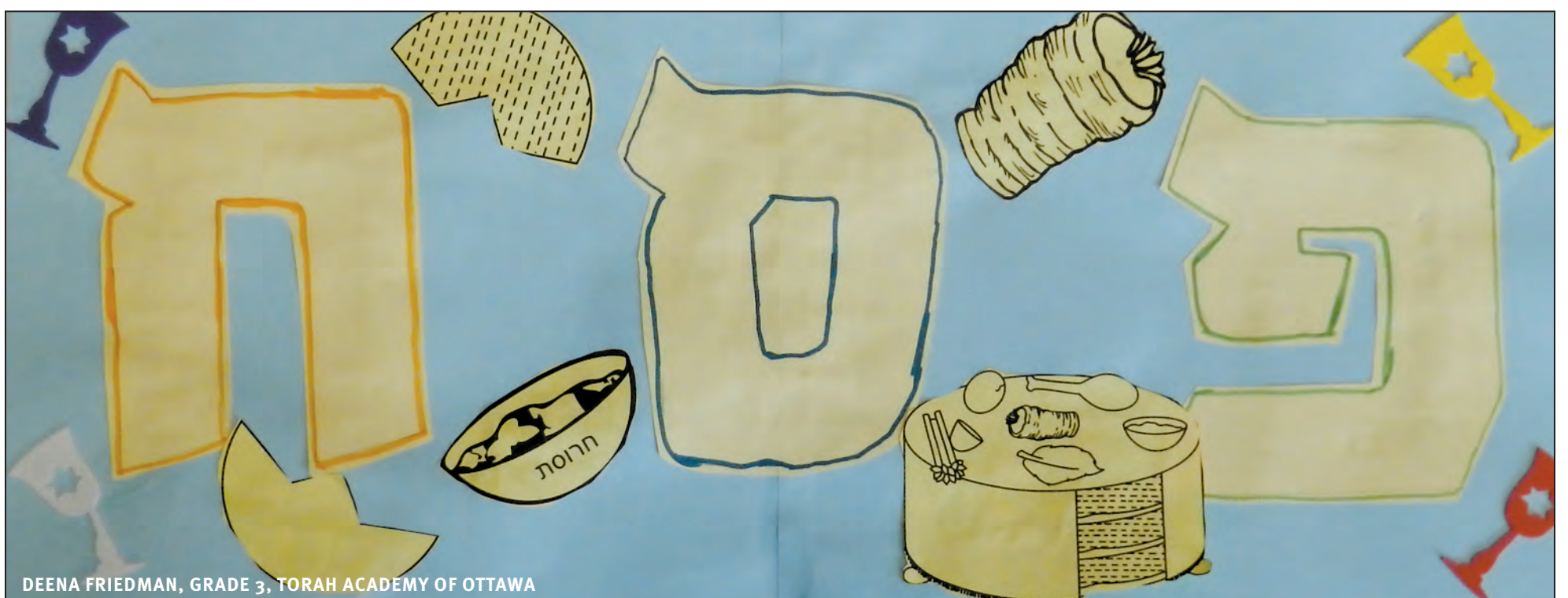
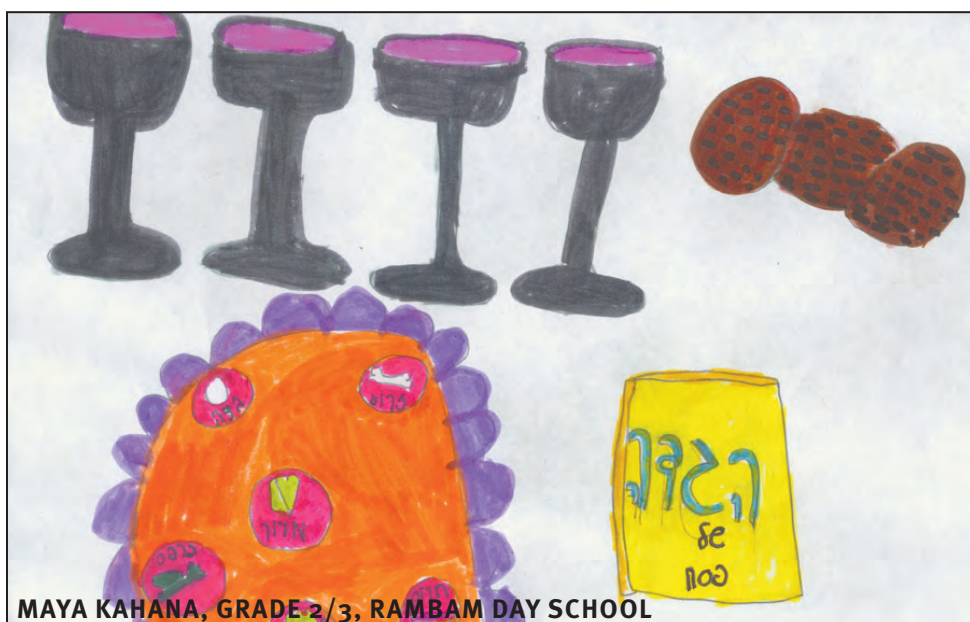
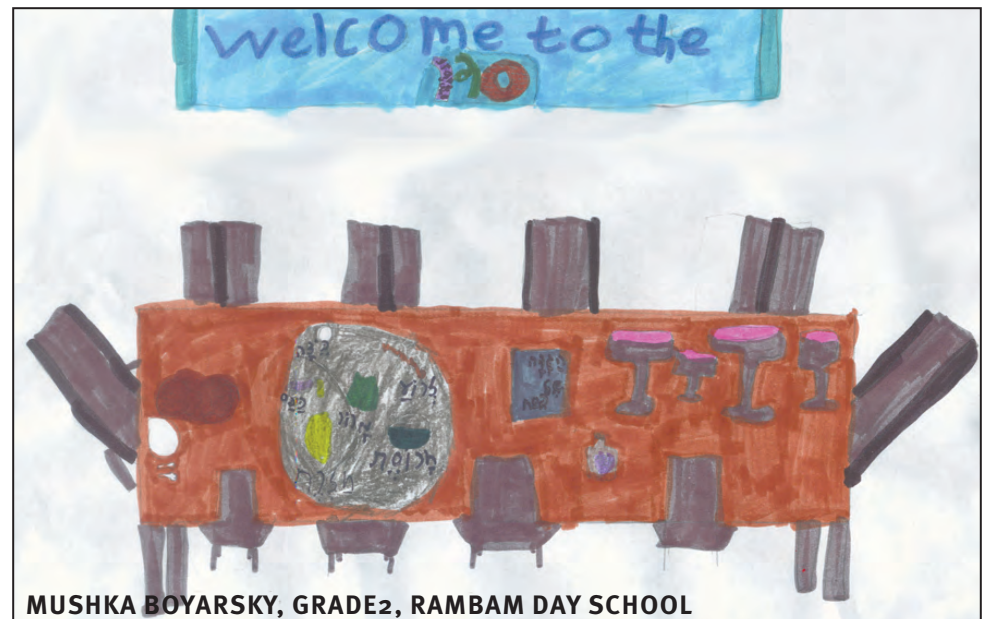
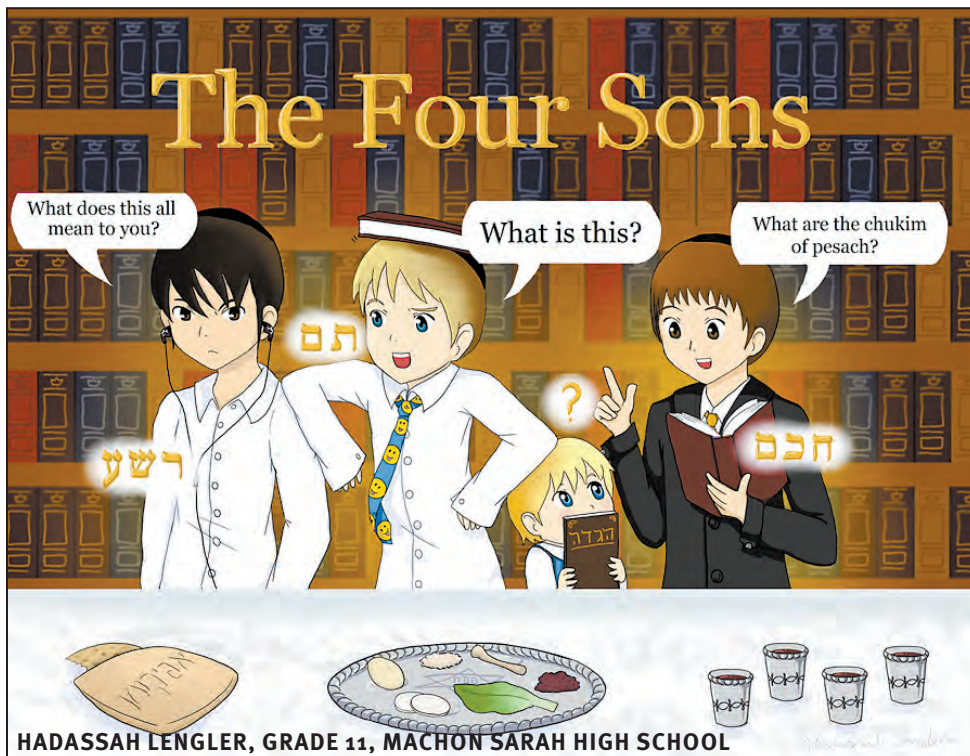
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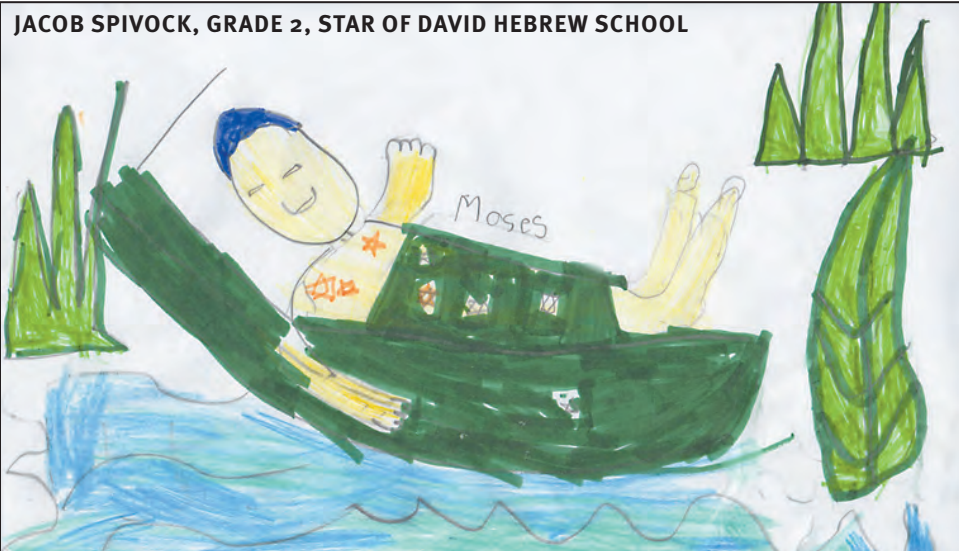
*From my family to yours,
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May you always be blessed with happiness,
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**Ottawa
Jewish
Bulletin**

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*Wishing you and your family all the
best during this Passover Season*

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Chag Pesach Sameach

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OTTAWA STUDENTS CELEBRATE PASSOVER | Chag Pesach Sameach



Ottawa Jewish Community School students prepare for Passover by attending a model seder. Students learn about the significance of the items used during the seder and why we celebrate this important holiday.

Happy Passover | Chag Pesach Sameach



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joyous
Passover
to all!**

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Monday, April 14, 6:00 pm
Tuesday, April 15, 6:00 pm

Please RSVP for details!
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For more information, please contact **Rabbi Anna Maranta**, Spiritual Leader
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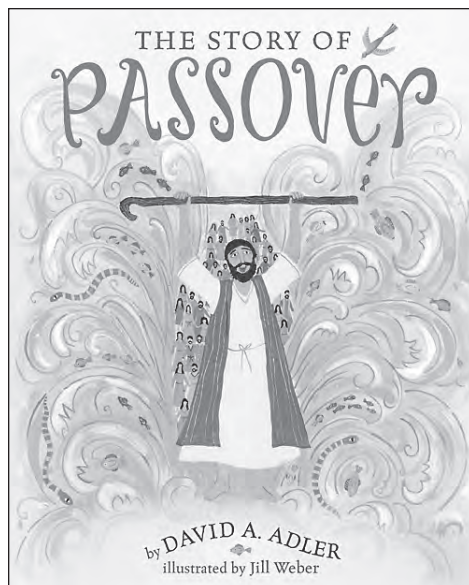
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Passover Kid Lit Delightful stories elicit holiday fun, games

BY PENNY SCHWARTZ

Frolicking frogs and magical matzo balls are featured in the crop of new Passover books for children that are sure to engage, inform, entertain and inspire.

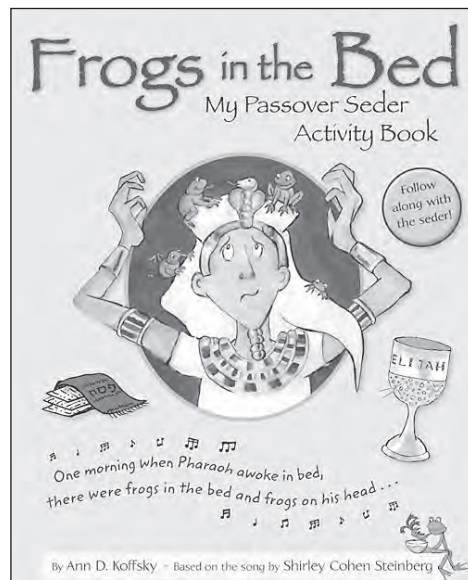


The Story of Passover

By David A. Adler, illustrated by Jill Weber
Holiday House
Ages 4-8

The story that is retold at the Passover seder begins 3,000 years ago in the biblical days of Jacob as he settles in Egypt. Readers learn how the Israelites become slaves and follow Moses as he is raised by Pharaoh's daughter in the palace and later as he leads the Israelites out of Egypt.

Weber's detailed illustrations evoke the colour palette and landscape of ancient Egypt. She gently conveys the suffering of the Egyptians through the plagues and the triumph of the Israelites in a fantasy-like drawing as they cross the Red Sea into freedom.



Frogs in the Bed:
My Passover Seder Activity Book
By Ann D. Koffsky, based on the song by
Shirley Cohen Steinberg
Behrman House
Ages 4-7

Young kids will have fun with the frolicking frogs in a book that also includes a comic book story and activities for before or during the seder. Koffsky's colorful, cartoon-like illustrations animate the song written by Ottawa's own Shirley Cohen Steenberg. Cute frogs turn up everywhere Pharaoh goes. They also pop up out of chandeliers and juggle fruit.

See Stories on page 10

*I wish you happiness, peace, prosperity
and all the joy of Passover.*

Lisa MacLeod, MPP
Nepean-Carleton

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And a Healthy Kosher Passover to all
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OTTAWA CHAPTER

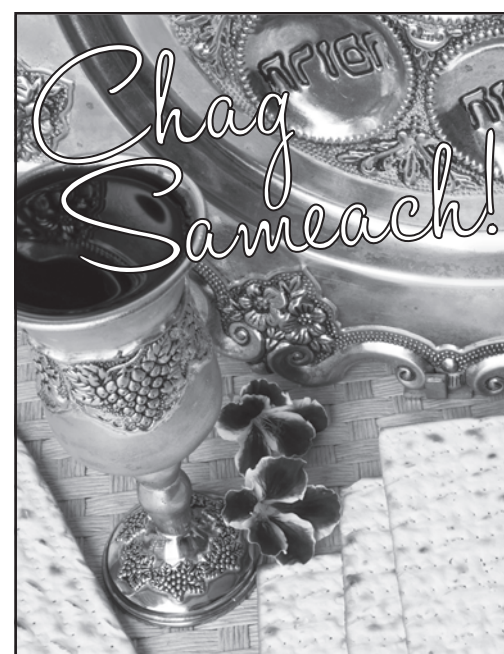
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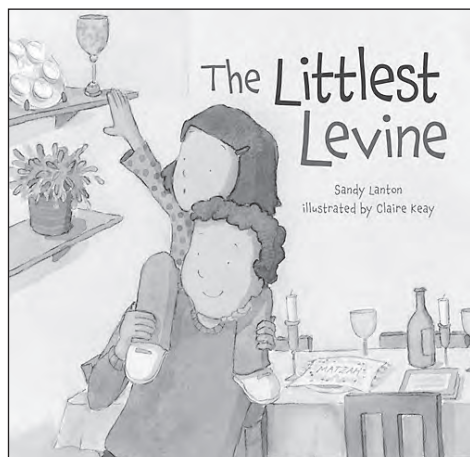
**Wishing you all a
Happy Passover**

Mark Taylor | **Ottawa**
Ottawa City Councillor — Bay Ward

Stories: Wonderful tales, artwork to strike chord with readers

Continued from page 9

The book includes the Four Questions, as well as mazes and other seder-related distractions. An easy set of instructions with shapes to trace lets kids make their own jumping froggy. The sheet music is included.



The Littlest Levine
By Sandy Lanton,
illustrated by Claire Keay
Kar-Ben
Ages 3-8

Hannah Levine is not happy about being the littlest (and youngest) one in her family, with two older siblings who do all the things she isn't allowed to do yet. Her grandfather, who lives with the

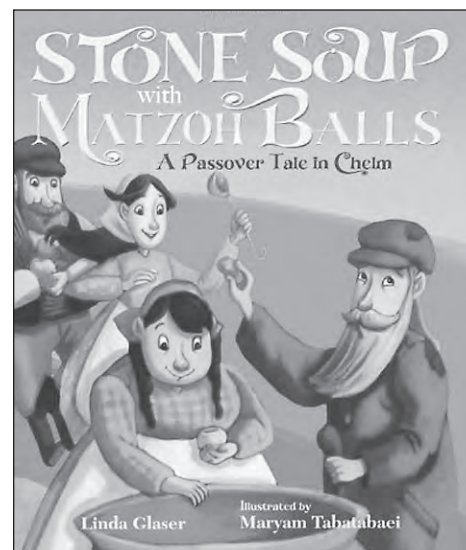
family, keeps reassuring her, "Your holiday is coming, my littlest Levine." As Passover nears, he makes her feel special, teaching her the Four Questions. When it's time for the seder, Hannah is ready to enjoy the spotlight.

This charming intergenerational story will strike a chord for many kids and may help those who are a tad reluctant to recite the Four Questions. Keay's brightly coloured illustrations are active, warm and upbeat.

Max Makes a Cake
By Michelle Edwards, illustrated by Charles Santoso
Random House
Ages 3-7

Max is ready for Passover. The endearing young boy knows the Four Questions and can tell his baby sister why Passover is different from all other nights. He's also eager to bake his artist mom a Passover birthday cake. But, with the baby in the house, his dad gets a bit distracted.

Losing patience and with little time to spare, the ingenious young fellow takes matters into his own hands. He creates a memorable cake all by himself. The recipe for a Hurry, Hurry, Hurry Cake is included. Santoso's bright, lively illustrations place readers right in the action.



**Stone Soup with Matzo Balls:
A Passover Tale in Chelm**
By Linda Glaser,
illustrated by Maryam Tabatabaei
Albert Whitman
Ages 4-7

In Jewish folk tradition, Chelm is known as a make-believe town filled with naive fools who, despite themselves, manage to impart wisdom with a huge dose of humour. In this delightful story, Linda Glaser gives a Chelm spin to a tale told in many cultures around the world.

On the eve of Passover, a poor ragged stranger arrives in the village and asks if

anyone will invite him in to share the holiday. He quotes from the Haggadah, "All who are hungry come and eat." He sparks their interest by telling them he can make a pot of matzo ball soup from only a stone. With clever prodding, he gets the villagers to create a huge pot of delicious soup, with light and fluffy matzo balls. Tabatabaei's expressive illustrations are a perfect match for the humorous story, evoking the Old World village with a playful tone.

Seder in the Desert
By Jamie Korngold, photos by Jeff Finkelstein
Kar-Ben
Ages 3-8

This colourful photo essay narrated by a young person offers up something new and unexpected for the holiday. "Why is this seder different from all others?" the book asks on its opening page. "Because this year we are celebrating Passover in the desert."

Readers of all ages will be fascinated as they follow Rabbi Jamie and a large group of people on a hike through the sands and magnificent stone arches that fill Israel's Moab desert landscape. The adventure invites readers to imagine what it might have been like for ancient Israelites to wander the desert in the Exodus story.

— JTA



Chag Pesach Sameach

from the boards and staff of the
Jewish Federation of Ottawa
and the

Ottawa Jewish Community Foundation



Chair: Steven Kimmel



Chair: Lynne Oreck-Wener

OTTAWA STUDENTS CELEBRATE PASSOVER

It's Passover

BY MARK SHEWCHENKO
GRADE 4, STAR OF DAVID HEBREW SCHOOL

It's Passover, it's Passover,
Eat the matzo, find the afikoman,
Come to the seder, drink some wine,
It's Passover, It's Passover,
Have a good meal, and such a good feast,
Read the Haggadah, and come have some fun,
It's Passover, it's Passover,
Come remember the past.

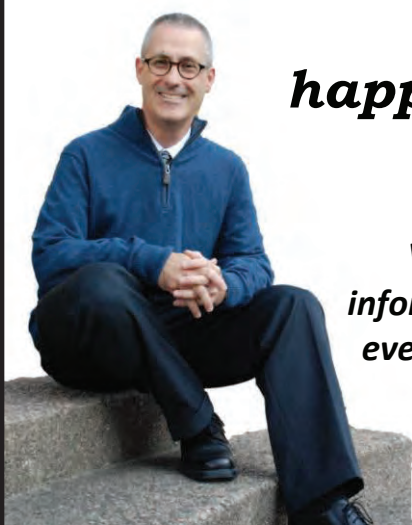


We learned about the 10 Plagues by making puzzles and studying how each plague attacked each Egyptian god. Each puzzle represented a plague. My puzzle is "Death of the First Born," which attacked Pharaoh as he represented Ra's first born on earth.

— MA'AYAN WOLFE, GRADE 4, OTTAWA MODERN JEWISH SCHOOL

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