

**THANK YOU FOR PLANTING
EIL-LOT OF TREES IN EILAT**

**PLANT A TREE. BUY A TREE BANK.
DEDICATE A PROJECT. IT'S 100% FOR ISRAEL.**

OTTAWA@JNF.CA 613-798-2411



Klez 9

Benefit evening
to support
Ottawa Kasher Food Bank > p. 4

ericzunder
SALES REPRESENTATIVE

613-894-ERIC (3742)
www.ericzunder.com

kwl KELLER WILLIAMS
OTTAWA REALTY

OTTAWA JEWISH BULLETIN

FEBRUARY 8, 2016 | 29 SHEVAT 5776

ESTABLISHED 1937

OTTAWAJEWISHBULLETIN.COM | \$2

Modah ani lefanecha – I am grateful

Leslie Kaufman, the Jewish Federation of Ottawa's vice-president of corporate services, continues to recover from the life-saving liver transplant surgery she underwent November 18, 2015 at Toronto General Hospital. In this piece, **Leslie** expresses her thanks to all who somehow contributed to her "great miracle."

*Modahani lefanecha, melech chai
ve-kayam, she-hechezarta bi nishmati
be-chemlah, rabah emunatecha.*

*I am grateful before You, living
and eternal King, who has returned
my soul to me with compassion.
Great is Your faithfulness.*

As the sun was setting on Toronto on a mid-November day, following eight hours in surgery, I opened my eyes to see my beloved husband, Sam Greenspon, standing over me. When my vision and brain cleared enough for me to realize that this was not one of my preoperative delusions, but, rather, the real deal, I was overcome with emotions. I cried. He cried. Our tears of joy blended on my cheeks as we rejoiced in the fact that I had received the gift of life in the form of a healthy liver.

I have so many people to thank for this *nes gadol*, this great miracle. First and foremost, I thank my anonymous organ donor. To be so generous to allow me to live, when she or he could no longer, is a gift for which I will be forever grateful.

No less than 100 doctors, nurses, orderlies, porters, technicians, physio and occupational therapists, volunteers, and other health care professionals have guided and protected me for the past year on this path to a new life.

Friends and family, in scores, have called, emailed, visited and kept my spirits up and my focus on the destination rather than the painful and ominous journey that faced me.

Strangers – fellow patients and their visitors with whom I shared countless hospital ward rooms, physio classes, elevators, and radiology waiting areas – were encouraging to me, as I was to them. We wished one another luck, we shared stories, we offered prayer, we smiled, we cried, and we knew that not all of us would make it in the end.

And for these gifts of care, faith, and strength, I thanked everyone along the way.

There is another larger group of people to whom I have not adequately expressed my overwhelming gratitude. That is YOU, the Ottawa Jewish community, who



HOWARD SANDLER

"I have so many people to thank for this *nes gadol*, this great miracle," says Leslie Kaufman.

stood by my family and me, publicized my need for an organ donor, prayed for me, encouraged my husband, and bestowed boundless love.

Yet, that wasn't enough for you. You enlarged your circles, reaching into other Canadian cities and towns for support and prayer. You opened your hearts and leveraged your resources for someone you haven't known long and don't know well. I have never felt so blessed and loved by a community.

But how do I properly thank you?

Chesed, acts of loving kindness. I am inspired by my employer, the Jewish Federation of Ottawa and Ottawa Jewish Community Foundation, led by CEO Andrea Freedman and her management team, of which I am proud to be a part. I am motivated by Rabbi Reuven Bulka, my cheerleader and spiritual guide during this journey. I am humbled by those who applied to donate a portion of their livers to me – and those, unknown to me, who were accepted. And I am grateful to the communities that helped and supported us. You "walk the walk" of *tzedakah* and *tikkun olam*.

So I shall honour you and pay it forward. As I write, the Federation's annual Mitzvah Day (February 7) is quickly approaching and Kindness Week in Ottawa begins on February 13. As I am still in hospital, I can physically participate in neither this year. But, with a mobile phone and Wi-Fi, I can do many things:

- Increase awareness about organ donation (www.beadonor.ca), the Trillium Gift of Life Foundation (www.gifttolife.on.ca) and the living donor program at Toronto General Hospital (<http://ow.ly/Xid6g9>);
- Volunteer my time and my story with programs that support my liver disease, primary biliary cholangitis;
- In partnership with my husband, explore ways to provide mentoring to transplant patients and their caregivers;
- Establish a fund with the Ottawa Jewish Community Foundation that will support some aspect of health care in our community.

Thank you, friends, for your love, support, kindness, and inspiration.
L'chaim tovim u'lishalom.

inside: Rabbi Deborah Zuker returns to her hometown > p. 3

Jason Moscovitz on life in Israel after a terrorist attack > p. 7

Stephanie Shefrin on balancing work, home, community > p. 16

BOYD
MOVING & STORAGE

Door to door service
around the world

613.244.4444 • www.boydmoving.com

Boyd International Freight Forwarding

Annual Campaign update: Success begins with leadership

BY ARIEH S. ROSENBLUM
JEWISH FEDERATION OF OTTAWA

The Jewish Federation of Ottawa is proud to share with you that our 2016 Annual Campaign has continued to increase resources, providing continued funding to our beneficiary agencies, additional funding to several existing programs, and supplementary funding for great programs like PJ Library as well as exciting new initiatives.

As of January 25, our 2016 Annual Campaign is reaching its final stages and has raised more than \$4.2 million and is on pace to exceed last year's total of \$4.4 million when all pledges are in.

Of particular importance are the continuing strength of our Women's Campaign, which has grown by more than five per cent; the growth of our Emerging Generation Campaign, which has added dozens of new donors and is on track to raise at least 25 per cent more than last year; and our supplementary gifts for special projects of approximately \$200,000, over and above Annual Campaign giving.

Success begins with leadership, and we've been blessed as a community for the past two years to have Jeff Miller, a champion of Jewish causes in our community for more than 30 years, as chair of the Annual Campaign.

Jeff is a partner at GGFL, one of Ottawa's most respected chartered professional accounting firms and a corporate partner of the Federation. There are few communal organizations that Jeff hasn't been integrally involved with over the past three decades. Jeff has recently become chair of the community's Jewish Education Funding Task Force.

Beginning in 2015, Sharon Appotive has brought her grace, persuasiveness, kindness and great ideas to the leadership of the Women's Campaign.

Sharon has fostered annual growth of over five per cent in the Women's Campaign, leading the way for our community. Her communal involvement has included the Ottawa Jewish Community School, Soloway Jewish Community Centre, March of the Living and Camp B'nai Brith – and she has deep personal appreciation for the wonderful



Michael Polowin,
2017-2018 Annual Campaign chair

work of Hillel Lodge. Sharon has been a canvasser for the Annual Campaign, as well as chair of the Chai Pomegranate and Lion of Judah divisions. For many years, Sharon has held a number of key roles in the family business at Howard Fine Jewellers and True Bijoux.

The leadership of the 2017 Annual Campaign has passed to Michael Polowin, who has been preparing for his transition into the role for several months.

Michael is a partner at Gowlings, one of Ottawa's premier law firms, and leads their Municipal Law Group. Michael has been involved in community leadership for many years, and is perhaps best known and appreciated as chair of Camp B'nai Brith of Ottawa, which has seen a renaissance of enrolment, financial stability and improved facilities under his guidance and vision.

More dollars? Yes.

And that means more scholarships are available for camp and school.

More of the vulnerable can be helped.

The community has come together in more significant numbers to celebrate, advocate and commemorate.

More programs reach more people in



Jeff Miller,
2015-2016 Annual Campaign chair

our community every year.

Our community is more united, more cohesive, and more effective in making Jewish life in our city meaningful.

We are proud that all of this is possible,



Sharon Appotive,
2016-2017 Women's Campaign chair

thanks to our community's support through almost 200 dedicated canvassers and 2,000 generous donors.

We are all looking forward to an even stronger campaign 2017!

Ottawa Jewish Bulletin appointment

The Ottawa Jewish Bulletin has announced the appointment of Jody Roodman to the position of Business Manager.

Jody is an Ottawa native who has returned to the city after living in Florida. She is a Hillel Academy graduate and Camp B'nai Brith alumna with many other community connections.

"I am proud to represent Ottawa's Jewish community newspaper and look forward to reaching out to our current clients, and to fostering relationships with new advertisers," she said.

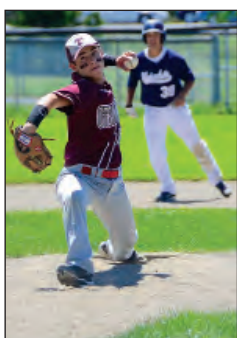
Jody has assumed responsibility for print and online advertising sales, and for subscriptions. She can be reached at jroodman@ottawajewishbulletin.com or 613-798-4696, ext. 256.



Jody Roodman

CLARIFICATION

The article on Ottawa teenager Ben Dodek playing for the Israel National Baseball Team (January 25) should have noted that he is eligible to play for the team because he is a dual Canadian and Israeli citizen.



(councillor)
Janharder
Proudly Serving Barrhaven
for over 17 years!

613-580-2473
@BarrhavenJan
facebook.com/BarrhavenJanHarder

www.JanHarder.com

Michael QAQISH
COUNCILLOR GLOUCESTER-SOUTH NEPEAN

Proud to Serve You at City Hall
613-580-2751 • Michael.Qaqish@ottawa.ca
www.michaelqaqish.com

Rabbi Deborah Zuker appointed ritual, education and outreach director at Agudath Israel

Rabbi Deborah Zuker grew up in Ottawa, but left the city to pursue her university and rabbinical studies. She was ordained in 2011 and spent four years serving a congregation in the United States. She recently returned to live and work in her hometown.

Louise Rachlis reports.

Rabbi Deborah Zuker, who grew up in Ottawa, is delighted to be back in the city as the new ritual, education and outreach director at Agudath Israel Congregation. She will continue in the newly created position when Agudath Israel amalgamates with Congregation Beth Shalom to form a new Conservative congregation later this year.

"I haven't really lived here since high school," she said. "I've seen a lot of new development in Ottawa, but it's nice how familiar it is. Listening to the traffic report on the radio, I know where everything is."

Growing up, her family were members of Temple Israel, Ottawa's Reform congregation. She was active in the FROSTY youth group, attended Camp Geshet, and has fond memories of Akiva High School.

"I think I had a great start at Temple," she said. "I went out into the big wide world and went in a different direction, but I have great respect for my colleagues in the Reform rabbinate."

She graduated from Queen's University in Kingston, then spent a year in Israel before going to New York to earn a master's degree in social work and Jewish studies through a joint program offered by the Jewish Theological Seminary of America (JTS) and Columbia University.

In 2006, she began the five-year rabbinical program at JTS, a Conservative institution, graduating with smicha as well as a master's degree in Talmud and Codes in 2011.

From 2011 until this past fall, Rabbi Zuker served as the first spiritual leader of Temple Ner Tamid, a Conservative congregation in Peabody, Massachusetts.

Creating engaging family programming and fostering community collaboration are important to her.

"I'm having a couple of town halls for parents of young children six and under, whether they are affiliated or not," said Rabbi Zuker, 35. She wants young families to "come and be in conversation with each other about what we want."

The town hall meetings – to be held at Agudath Israel – will be on Wednesday, February 10, 8 pm, and Sunday, February 21, 3 pm. Childcare will be provided during the Sunday afternoon town hall.

"I hope to create an incubator to keep the discussions going that have already started," she said.

In her new position, she also does some torah reading, and helps congregants prepare to take on ritual responsibilities.

"For outreach, I'm meeting people and

finding out what families and youth are looking for in the new shul. I'm focusing on both outreach and in-reach," she said.

"Our institutions are only as good as we make them," she said. "When we bring ourselves to the conversation, my generation is beginning to blossom and to create what we need, and the things we want and need for our children."

Rabbi Zuker is the mother of two young sons: Joey, who is almost three, and five-month-old Daniel, and looks forward to connecting with other families in the community, renewing old friendships and making new ones.

"I'd really like to meet more young moms and to have play dates," she said. "And there are many old friendships that I want to renew."

Rabbi Zuker may be contacted at Agudath Israel at 613-728-3501, ext. 238.



NAOMI ELIAS

Rabbi Deborah Zuker is excited to be working in Ottawa, her hometown.

Respecting tradition

At your time of need or when planning ahead, rely on us to provide everything you need.

We are proud to support the Jewish Memorial Gardens Revitalization Project.

Call us 24 hours a day at:
613-909-7370

 Kelly Funeral Home
Carling Chapel
by Arbor Memorial

Arbor Memorial Inc.

 Arbor
Memorial

ELEVATED HOME INSPECTION



ELEVATED HOME INSPECTION

Offers the following services:
Pre-Purchase Home Inspections
Pre-Listing or Pre-Sale Home Inspections
Pre-Renovation Inspections
Home Monitoring Services

February Home Inspection Tip:

Keep furniture and drapes away from vents and baseboard heating units. The most efficient heating is when air is allowed to flow up, even in front of windows and patio doors.

Visit us on the web
www.elevatedhomeinspection.ca



Michael Levitan, BID
|613|286-8925
elevatedhome@gmail.com

metcalfe street DENTAL

Dr. Harris Prehogan, DMD
Dr. Sam Lewinshtein, DMD
Dr. Paul Rosenberg, DDS

The offices of Dr. Sam Lewinshtein and Dr. Paul Rosenberg together with Dr. Harris Prehogan have joined forces and opened a new office on the ground floor at 225 Metcalfe Street (Kenson Building).

New Patients Welcome!
Evening / lunchtime appointments available.

- Bridges
- Bruxism Appliances
- Cleanings (Scaling) and Check Ups
- Crowns
- Dentures
- Extractions
- Fillings
- Implant Dentistry
- Invisalign Orthodontics
- Oral Sleep Apnea Appliance Treatment
- Root Canals
- Sportguards
- Veneers
- Whitening

613-237-7177
613-237-7099

• 225 Metcalfe Street, Suite 104
The Kenson Building
info@metcalfestreetdental.ca
www.metcalfestreetdental.ca



A Touch of Klez: (standing, from left) Jacki Langsner, keyboard; Ruth Mendell and Peter Teitelbaum, clarinets; Eric Elkin, flute; Steve Shapransky, percussion; Fred Brown, bass; (seated) Don McVeigh, banjo; Shaina Lipsey, vocals; and Ernie Brodo, mandolin.

KLEZ 9: An evening of Jewish music to support Ottawa Koshers Food Bank

BY MERLE HALTRECHT,
ESTHER SHETZER AND PAUL ADLER
KLEZ 9 COMMITTEE

With poverty in the Jewish community increasing while the cost of food continues to rise, the Ottawa Koshers Food Bank (OKFB) plays a key role in our community. Many of the OKFB's more than 150 clients are immigrants and seniors.

For the ninth year, a special Klez event will support the OKFB and recognize the efforts of its organizers.

Klez 9 will take place Sunday, March 6, 7 pm, at Agudath Israel Congregation, 1400 Coldrey Avenue. Featured performers will be A Touch of Klez, Ottawa's longstanding klezmer band, and Musica Ebraica, the famed Jewish choral group. Susan Barker of International Folk Dancers of Ottawa will lead folk dancing and bring a joie de vivre to the gathering.

Founded in 1998, A Touch of Klez has performed at the Canadian Tulip Festival and WestFest and entertains residents at Hillel Lodge, and the Duke of Devonshire and Lord Lansdowne residences. Their focus is on traditional klezmer music, encompassing dance tunes such as bulgars, shers, Yiddish horas and waltzes.

Musica Ebraica, with conductor Gloria Jean Nagy and accompanist Carol Gurofsky, will present selections of Yiddish and Hebrew songs. Their music will inspire you to sing along and tap your feet. Musica Ebraica has been in existence for 16 years, bringing together singers of diverse backgrounds, different religious persuasions and ages. Their Sunday evening rehearsals at Hillel Lodge entertain the residents there each week.

Klez 9 is co-sponsored by Adath Shalom Congregation, Agudath Israel Congregation, Congregation Beth Shalom, the Glebe Minyan, Congregation Machzikei Hadas, Or Haneshamah and Temple Israel. We are inviting members of the community and businesses to become sponsors. To become a private or corporate sponsor, call Paul Adler at 613-228-3237.

Klez 9 promises to be a lively, musical evening, inviting you to dance and sing while supporting a worthy cause. Bring friends and neighbours to spread happiness and support the OKFB. Admission is \$20. The Ottawa Koshers Food Bank is the beneficiary of all proceeds. Cheques may be made out to Agudath Israel Congregation, specifying "Ottawa Koshers Food Bank" on the memo line.



JOIN US IN ISRAEL FOR A JOURNEY OF A LIFETIME



2016 MISSION TO ISRAEL

MAY 3-13




\$4,500

CAD PER PERSON, LAND ONLY

SUPPORT ISRAEL.

EXPLORE IT. FEEL IT. EXPERIENCE IT.

HIGHLIGHTS With your hosts Toby & Saul Feldberg:

- Participate in the world's most prestigious Yom Ha'atzmaut celebrations at Mount Herzl, plus enjoy the Air Force flyover.
- Engage in briefings and discussions with Israeli dignitaries and military elite.
- Enjoy exclusive visits to IDF army bases.
- Socialize with our wounded heroes at Beit Halochem and hear their incredible stories.
- Visit Jerusalem Old and New, as well as the Golan Heights, Tzfat, Jaffa, Caesarea, Masada, Dead Sea, Timna, Eilat, and Tel Aviv.

INCLUDES:

- 10 nights in 5-star accommodations: Sheraton Tel Aviv Hotel and Towers, Hilton Queen Sheba in Eilat
- Sightseeing, entrance fees, and most meals
- Expert government licensed tour guide and luxury tour bus



INFORMATION: Tel: 905-695-0611 Toll free: 1-800-355-1648 www.beithalochem.ca

Ottawa Torah Institute: A student's perspective

BY SHMUEL BENZAQUEN

I spent my elementary school years at Torah Academy of Ottawa and began my high school education at the "original" Ottawa Torah Institute (OTI) high school. After Grade 9, I left to attend the Ottawa Jewish Community School for Grades 10 and 11. This year, I am back at OTI, which is now under the direction of Rabbis Yaakov Moshe Harris and Dovid Mandel.

I'm writing this article because I feel that OTI is misunderstood by many. There are perceptions about the school that I believe are rooted in stereotyping, lack of information and even misinformation.

One misconception is that, because OTI is a religious school, it must have subpar secular studies. However, OTI demonstrates that high quality Judaic and secular studies are not mutually exclusive. OTI's secular teachers not only impart the material clearly and comprehensively, they also make sure the students feel motivated, challenged and have a clear understanding of the material. They are experienced, knowledgeable and enthusiastic, and they teach with passion, resulting in a strong learning environment for students. Because of this, students develop a work ethic and skill set that allow us to conquer the subjects we'll encounter in university and other secular post-secondary institutions.



Ottawa Torah Institute Grade 12 student Shmuel Benzaquen works in a biology lab on enzyme catalysis.

This leads to my next point. Just because we attend OTI, it doesn't mean we will all go to a yeshiva and become a rabbi. I know many OTI graduates with strong careers in the professional workforce.

OTI provides a welcoming atmosphere. As long as he is committed to academic excellence, OTI will accept any student – regardless of his background. All teachers do their best to give students the foundation to build upon in later years. The OTI rabbis create an environment of camaraderie among the students.

Shabbatons, post-Shabbat gatherings, bike trips and Rosh Chodesh breakfasts are some of the activities that have taken place so far this school year – with many more to come.

Judaic studies at OTI are also top-notch. Classes in Gemara, Halacha and Chumash impart the knowledge and skills necessary for students to continue our Jewish education. Every Friday, there is a custom that a thought-provoking speech, called a "mussar schmooze," centred on the weekly Torah portion, is delivered to the

students. Recently, these speeches have been given by students. Through independent research and with the rabbis' help, we are able to construct our own schmooze.

OTI has always maintained this level of high academic excellence and has always been underrated throughout its history. I think that, as more awareness is achieved throughout the community, OTI will get the recognition it deserves as a strong community pillar and growing Jewish institution in Ottawa.

**The Jewish Federation of Ottawa
would like to thank our corporate partners
for their generous support.**



ENRICHING LIVES

jewishottawa.com
f JFedOttawa t JewishOttawa

FEDERATION
REPORT



LINDA KERZNER
CHAIR

Most Monday nights, between 6 and 9 pm, you will find me in my kitchen for an amazing evening that incorporates my five life priorities: family, friends, food, fun and philanthropy (forgive the spelling!).

Six months ago, I wouldn't have believed that I'd be spending my Monday nights with eight to 10 family members and friends sitting at my kitchen table having a fabulous dinner followed by a fun-filled hour playing Kiwanis TV Bingo on Rogers Channel 22.

It started with our desire to have my mother-in-law over more often for a nice dinner followed by an enjoyable activity.

Bingo – My Monday night mitzvah!

Then I heard about TV Bingo and we decided to give it a try.

Now Sundays are a flurry of finding the right store to buy the cards, along with the ingredients for a gourmet dinner.

Table set, delicious dinner assembled, our regular and often special guests scurry from their homes and offices to be sure to arrive before 6 pm so we can enjoy our sumptuous meal with enough time to do our well-orchestrated tear down and set up for Bingo.

TV channel is set and on it comes at 7 pm. At 8 pm it's over. And, with disassembly complete, we dive into the outstanding desserts always provided by one regular friend.

So what inspires this wide range of participants to flock over once a week?

Our core group includes senior business owners and a variety of different professionals in addition to young entrepreneurs and retirees. Our special guests to date have included accomplished physicians, accountants, CEOs, CFOs, interior designers, hotel staff and senior vice-presidents.

I attribute the draw to a combination

of factors. We laugh, we eat great food, we drink some wonderful wine, which makes us laugh even more, we catch up with each other, and we discuss and debate life – resulting in often missing the Bingo number bring called.

Any one of any age can play and everyone 18-plus has a chance to win. And, all the while, we are also contributing to a worthwhile charity in the greater Ottawa community.

You may be wondering about the connection between Bingo and my role as chair of the Jewish Federation of Ottawa – and what is the message here?

As I thought back over my involvement in the Jewish community, I realized how very integral Bingo has been.

In my own history, prominent Jewish community members owned two major Bingo halls, and one still does. The proceeds have funded and sustained countless Jewish organizations over many years.

As a teenager and young adult, I volunteered Sunday nights at one hall. My days as CEO of the Soloway Jewish Community Centre had me heavily

involved in the world of Bingo as a beneficiary charity. During the time, I had family members at Hillel Lodge. I attended the weekly Bingo with them. Even my time as a camp counsellor for the JCC and Camp B'nai Brith incorporated Bingo as a rainy day activity. Many of my friends and fellow community members have all spent volunteer time at Bingos. And, interestingly enough, the president of Kiwanis is a friend and member of our community.

Aside from all these fascinating Jewish connections to the world of Bingo, my message, coming during the week of our resoundingly successful community Mitzvah Day, is that each one of us can incorporate a mitzvah into our daily, weekly, monthly lives.

In our case, Monday night Bingo achieves our goal of bringing family and friends together in a unique and enjoyable way with a charitable component. We are all, however, still waiting for that night when we actually win something! And, no doubt, when that day comes, part of the proceeds will go to a Jewish charity.

So, our Bingo group leaves you with this final thought – Under the **B- Be I- Inspired to be Involved**, because your community **N- Needs G- Generous and Giving** people like you to **O- Open** your hearts today and tomorrow – and we will all be winners!

FROM THE
PULPIT



RABBI MENACHEM BLUM
OTC CHABAD

This year, 5776 in the Jewish calendar, is a year of Hakhel, “a year of assembly.” The Torah tells us that, once in seven years, following a sabbatical (shmita) year, the entire Jewish nation, men, women and children would assemble in Jerusalem. The king of Israel read sections of the Torah to remind the Jewish people of their relationship with God and His Torah. This gathering would allow the entire nation to unite and relive the unity they experienced at Mount Sinai, when God gave us the Torah.

Although we don't have the Temple today and no traditional Hakhel assembly takes place in Jerusalem, the special energy of Hakhel is accessible to us this

What unites us as a nation?

year, and we have greater power to unite as the Jewish people. This begs the questions: How do we unite as a nation on such a grand level? What is it that unites us as a nation?

The Torah gives us two contradictory suggestions as to who was the first one who defined us as a nation.

At the beginning of Exodus, the title “nation” is given to us by Pharaoh, King of Egypt. “He said to his people, behold! the nation of the children of Israel is growing stronger than us (Exodus 1:9).” He then developed a program of genocide against the Jewish people who, he feared, would take over Egypt.

Yet, when Moses speaks to the Jewish people before his passing, he says to them: “Today you have become a nation (Deuteronomy 27:9).” Moses is referring to the time of the giving of the Torah at Mount Sinai when God said: “You shall become to me a kingdom of priests and a holy nation (Exodus 19:6).”

The Torah, in a very subtle way, teaches us that there are two definitions to Jewish nationhood. Pharaoh defines us as a nation in terms of being the group that poses a challenge to Egypt and to humanity in general. What makes us Jewish is that Pharaoh is threatened by us and is determined to destroy us.

Moses' definition is completely different. “You shall become a kingdom of priests and a holy nation.” We are bound together by a vision to create a holy world, to fill the world with goodness and love. What unites us is a shared commitment to recognize the image of God in every human being and the unity of humankind under one God.

There were many tyrants throughout history who, like Pharaoh, defined us in terms of anti-Semitism. But Moses tells the Jewish people, “Today you have become a nation”; today, here by Sinai, not there, in Egypt. We are not bound because we face a common enemy and because we suffer together, but, rather, because we share dreams and ideals to create something new, beautiful and exciting. At Sinai, we became a nation bound by a covenant of faith, defined by the Torah and by God's commandments.

As this is the year of Hakhel, we have an extraordinary potential to unite as a nation. Let us put aside our disagreements and denominational fragmentation. Let's reach out to each other and unite in our shared commitment to morality and holiness, to love and charity, to children and education, to repairing the world, one mitzvah at a time. Let us recreate Hakhel in 2016.

OTTAWA JEWISH BULLETIN

VOLUME 80 | ISSUE 8

Ottawa Jewish Bulletin Publishing Co. Ltd.
21 Nadolny Sachs Private, Ottawa, K2A 1R9
Tel: 613 798-4696 | Fax: 613 798-4730
Email: bulletin@ottawajewishbulletin.com
Published 19 times per year.
© Copyright 2016

PUBLISHER
Andrea Freedman

EDITOR
Michael Regenstreif

PRODUCTION MANAGER
Brenda Van Vliet

BUSINESS MANAGER
Jody Roodman

The Bulletin, established in 1937 as “a force for constructive communal consciousness,” communicates the messages of the Jewish Federation of Ottawa and its agencies and, as the city's only Jewish newspaper, welcomes a diversity of opinion as it strives to inform and enrich the community. Viewpoints expressed in these pages do not necessarily represent the policies and values of the Federation.

The Bulletin cannot vouch for the kashrut of advertised products or establishments unless they are certified by Ottawa Vaad HaKashrut or a rabbinic authority recognized by OVH.

\$36 Local Subscription | \$40 Canada
\$60 USA | \$179 Overseas | \$2 per issue

We acknowledge the financial support of the Government of Canada through the Canada Periodical Fund of the Department of Canadian Heritage.



ISSN: 1196-1929
Publication Mail Agreement No. 40018822

Return undeliverable Canadian addresses to:
Ottawa Jewish Bulletin
21 Nadolny Sachs Private,
Ottawa ON K2A 1R9

FROM THE EDITOR



MICHAEL REGENSTREIF

It was International Holocaust Remembrance Day on January 27 – the 71st anniversary of the liberation of the Nazi death camp at Auschwitz-Birkenau by Soviet troops on January 27, 1945 – and, throughout the day, and into the next, I posted various articles connected to the observance on the online Ottawa Jewish Bulletin at www.ottawajewishbulletin.com.

And, as they arrived in my email inbox, I also posted the brief statements on International Holocaust Remembrance Day sent by Canada's political leaders. The first to arrive was from Prime Minister Justin Trudeau. I later received statements from Opposition Leader Rona Ambrose, NDP Leader Tom Mulcair and Minister of Foreign Affairs Stéphane Dion.

As much as I welcomed any and all statements from our political leaders

Foreign Minister Dion got the message right

marking such an important occasion, I found it somewhat curious that a statement came from Dion. After all, the prime minister had already released a statement on behalf of the government more than four hours earlier.

Maybe the Dion statement was planned all along to reiterate the importance the government places on Holocaust remembrance. But, I can't help but feel it may have been damage control to address something – something of primary importance – left out of Trudeau's statement, which read:

"On this day, we pay tribute to the memory of the millions of victims murdered during the Holocaust. We honour those who survived atrocities at the hands of the Nazi regime, and welcome their courageous stories of hope and perseverance.

"The Holocaust is a stark reminder of the dangers and risks of allowing hate, prejudice, and discrimination to spread unchallenged. It also reminds us that silence must never be an option when humanity is threatened.

"As we pause to educate ourselves and our families on the bitter lessons of the Holocaust, we also strengthen our resolve to work with domestic and international

partners to continue defending human rights and condemning intolerance."

To be sure, there is absolutely nothing to disagree with in the prime minister's statement. Everything he said about remembrance, honour and vigilance was completely correct in a universal sense. However, what was missing was any specific reference to the Holocaust as a genocide aimed specifically at Jews, or of the imperative to defend against the anti-Semitism raging so terribly today – particularly in Europe and in almost all of the Middle East.

The foreign affairs minister addressed the shortcomings of the prime minister's statement specifically saying "we remember the six million Jews ... brutally murdered by the Nazis during the Holocaust ... the worst chapter in human history."

In his statement, Dion used the word "Holocaust" to describe the genocide committed by the Nazi regime against the Jewish people – but he also, significantly, referred to it as the "Shoah," using the Hebrew word for the Holocaust. Dion also referred specifically to "the horror of anti-Semitism."

Dion also called needed attention to the still woefully incomplete search for

some measure of justice for Holocaust survivors.

"This day is a poignant reminder that we must never forget and that the Holocaust's remaining survivors must see justice served," Dion said. "It is deeply troubling that even after 71 years, victims and families still have not been compensated for assets confiscated by the Nazis. Canada reaffirms its commitment to the 2009 Terezín Declaration."

I've no doubt that Trudeau was sincere in his message and I'm also sure that his slight was unintended. I fully expect the prime minister's International Holocaust Remembrance Day message next year will reflect both the universal and the specific.

WELCOME JODY ROODMAN

On behalf of the Ottawa Jewish Bulletin, I'm pleased to welcome Jody Roodman, our new business manager.

If you're an advertiser – or a potential advertiser who would like to discuss reaching Ottawa's Jewish community via our print and/or online editions – Jody will be happy to speak with you.

She is also happy to speak with you about your subscription needs. You can contact her to purchase or renew your subscription – and don't forget that a Bulletin subscription is a great gift that lasts all year.

You can reach Jody at 613-798-4696, ext. 256 or jroodman@ottawajewishbulletin.com.

IDEAS AND IMPRESSIONS



JASON MOSCOVITZ

Starting the new year in Israel was special since I was celebrating my daughter's wedding. Now, through my daughters, I have two extended Israeli families, and my connection is seemingly forever with one grandson and who knows how many more Israeli-born grandchildren to come.

With the early-January wedding coinciding with trouble there, I was concerned. Before departing, I promised myself I would be careful, vowing not to walk around too much, or take public transportation. But I arrived and quickly forgot what I had promised myself.

Daily life and living overtook my apprehension. I learned valuable lessons as I lived the expression, "life goes on."

Life goes on in Israel after a deadly terrorist attack

I was in Tel Aviv on New Year's Day when two people were machine gunned to death by an Israeli Arab. A third died later. I was staying around the corner from where it happened and had been in front of the Dizengoff Street location both that morning and the night before.

I was headed in that direction that fateful afternoon when I heard the wail of sirens and then my cell phone. My daughter informed me of a shooting, adding the gunman was at large. She told me the police ordered a lockdown and that we shouldn't leave the apartment. That was at 3 pm.

My daughter had planned a Shabbat dinner for that night, and family and friends who'd travelled to Israel for the wedding looked forward to meeting. Most of us were staying in the lockdown zone.

As nightfall neared, and with the gunman still not found, a decision had to be made about the Shabbat dinner. It was agreed to have the dinner for those who felt comfortable enough to venture out, and everyone agreed to meet and go together. In pouring rain, we hailed taxis

and went to my daughter's with the sights and sounds of the aftermath of a terrorist attack in front of us.

For me and my life-partner, the choice was to go or to stare at the walls in a studio apartment with no kitchen. We feared being bored to death and we wouldn't permit ourselves to be frightened. So we went. We enjoyed the companionship, and my daughter was so relieved her wedding activities didn't begin with a cancellation.

We walked back to our place without incident and tried to sleep. But, just hours after the attack, we heard a loud happy party above us. Yes, life goes on and, as I was to find out, life goes on for the Palestinians as well.

The night we left for the airport, with my daughter who lives in New York City and her baby girl, the pre-arranged taxi with a luggage rack didn't show up. After 15 minutes of nervous waiting, a licensed taxi stopped. I told the driver his car wasn't big enough for the luggage, three adults, a baby and a baby stroller. He told me it was. Exasperated, I told him to try and somehow he succeeded.

While he spoke little English, he did speak fluently in Hebrew with my daughter. Although it didn't matter to us, it mattered, big time, at the airport that he was Palestinian.

As many of you know, when you arrive at Ben-Gurion airport, you pass through a preliminary checkpoint and cars are usually waved through by Israeli soldiers after a brief conversation.

After seeing several cars pass through routinely, our turn came. Our driver opened his window. The soldier looked at him and asked for his identity card. The driver pulled out his wallet and removed his plasticized ID. The soldier glanced at it and told him to pull over.

Within seconds, three soldiers with machine guns on their hips approached the car. I looked at the driver, but his expression didn't change. He had seen this movie before.

When the soldiers realized my daughter was the only Hebrew-speaking passenger, their questions about the Palestinian driver were directed at her. They wanted to know how we knew him, if he had acted correctly, if he did anything wrong. The driver sat behind the wheel understanding everything until the questioning ended and we were cleared.

From deadly acts of terror to scenes like this – it is so sickeningly sad.

Jeff Greenberg
SALES REPRESENTATIVE

ALEXANDER PARK NEW PRICE \$239,000
Renovated one bedroom, all inclusive condo fee with a panoramic view.
www.2808-545StLaurent.com

LOWER TOWN \$279,000
Updated two bedroom condominium in the heart of the market. www.505-309Cumberland.com

HUNT CLUB WOODS \$347,900
Beautifully maintained 3 bed, 2.5 bath semi-detached home w/ reno kitchen & more! www.2Gillespie.com

PAKENHAM \$374,900
3+1 bed hi-ranch bungalow on a 200' x 150' lot! Open concept floor plan @ www.4551KinburnSideRoad.com

OXFORD MILLS \$379,000
Country comfort in this 3 bedroom family home on 11 acres. Hwd floors, 2nd level fam room. www.2588McGovern.com

CRAIG HENRY \$379,900
Exceptional renovations in this 3 bedroom semi-detached home w/ no rear yard neighbours. Spectacular kitchen, main floor den, finished lower level, hwd floors ++ www.54Elvaston.com

REVIEW PARK \$419,000
Meticulously maintained, open concept 3 bed, 4 bath townhome in a choice location. Reno kitchen, new roof shingles ('13), hwd floors & so much more! Shown with pride @ www.91Corsica.com

CENTREPOINTE \$599,000
3+ bedroom Minto built home on a dead end street 2nd level loft, main level laundry. Flex. possession. Over 2,600 sq. ft. @ www.14Palisade.com

GLABAR PARK \$945,000
Custom built, all stone exterior 5 bedroom, 5 bathroom family home with expansive principal rooms. Finished lower level with 2nd kitchen. Immediate possession @ www.1970Lenester.com

WESTBORO \$949,000 or \$1,500/mth
Large, move in ready, updated 3+1 bedroom, 4 bathroom home. Spacious principal rooms. In law suite, 2nd garage! Immed. poss. @ www.360Tweedsmuir.com



JEFF GREENBERG
SALES REPRESENTATIVE
ROYAL LEPAGE TEAM REALTY
(613) 725-1171
www.jeffgreenberg.realtor

We are all trying to make the world a better place

Despite coming from every corner of the globe, Canadians share many of the same values. I had a surprising reminder of that recently. As a Muslim Somali-Canadian, I did not know much about Judaism. I viewed Jews as people who kept to themselves and helped their own. There is nothing wrong with that, of course. It is important to strengthen ties within our communities and to impart our heritage to younger generations. However, as a multicultural nation, establishing ties between our communities is just as important. That is why I was happy to accept a work placement at Jewish Family Services of Ottawa (JFS).

When I first met JFS Executive Director Mark Zarecki, he mentioned working closely with the Somali Centre for Family Services in Ottawa. This surprised me. After all, Somalis are predominantly Muslim, and the Jewish

NAJMA AHMED
JEWISH FAMILY SERVICES OF OTTAWA
GUEST COLUMN

community is, well, Jewish, and so much of what we see and hear about Jewish-Muslim relations seems to be presented in terms of "us versus them."

In reality, though, the situation is really "us and us." I was delighted to find people at JFS working hard to ignore divisive rhetoric. Eschewing the idea that Jews and Muslims cannot get along is important because, according to the Association for Canadian Studies, societies who view Muslims unfavourably also view Jews unfavourably. Given this link between anti-Semitism and

Islamophobia, fostering stronger ties between our communities is essential.

It is important to remind ourselves of this as we deal with the Syrian refugee crisis. Canada has proven to be a humanitarian leader once again, and I am deeply appreciative that Canada has not turned its back on those in need. Heartwarming images of the welcome refugees are receiving make me proud to be Canadian.

Still, I was surprised at the leadership role taken by JFS in settling Syrian refugees in Ottawa. However, my co-workers explained the concept of tikkun olam to me, and that they viewed helping those in need as a fundamental Jewish value. It says in Leviticus (19:33-34), "When a stranger resides with you in your land, you shall not wrong him. The stranger who resides with you shall be to you as one of your citizens."

I then found out that some in the Jewish community were concerned

See JFS on page 13



Temple Israel

Hungary's Ambassador to Canada
His Excellency Balint Ódor
Thursday, February 25, 2016
at 7 p.m.

Refreshments provided by the Hungarian Embassy

Temple Israel
1301 Prince of Wales Drive
Ottawa, Ontario K2C 1N2



On March 9, 2015, Hungary took over the Chairmanship of the International Holocaust Remembrance Alliance (IHRA)

In this capacity, Hungary's Ambassador to Canada, Balint Ódor organized many Holocaust events in Canada.

He will be discussing Hungary's initiatives in combating anti-Semitism in Hungary and worldwide, in revitalizing the Hungarian Jewish community, in restoring Hungary's synagogues and cemeteries and Hungary's commitment to Holocaust education.

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 by email to bulletin@ottawajewishbulletin.com



Alan Blostein
President

Advertorial



JNF CANADA
JEWISH NATIONAL FUND



Lynda Taller-Wakter
Executive Director

More than trees
613.798.2411
ottawa@jnf.ca

JEWISH NATIONAL FUND

Building Jewish continuity in Negev and Galilee

Help support a synagogue, yeshiva and mikvah

Bene Netsarim, a religious moshav in the southern Shalom region near Gaza, was primarily settled by families who had evacuated Netsarim in Gush Katif during the 2005 disengagement from the Gaza Strip.

JNF has been involved in helping Bene Netsarim develop by providing infrastructure for both housing and agriculture. The community plans to expand to 15,000 people. JNF Canada continues to help Bene Netsarim through developing the landscape around the community's new synagogue and that of the main entrance to Bene Netsarim.

Your donation will improve the environment of the desert community and create aesthetic open spaces, thereby improving the residents' quality of life. You will be a partner in promoting the sustainable development of this periphery community as well as contributing towards a viable future for the Negev region.

Hesder Yeshiva in Upper Galilee

JNF Canada is a partner in establishing the Hesder Yeshiva in Upper Nazareth (Natseret Illit). After years of shifting demographics and negative migration, the need for a Hesder Yeshiva in the city became apparent in order to attract young people and families to Upper Nazareth specifically, and to the Galilee in general. The institution will provide combined military service with Torah study.

Your donation to this project will ensure the continuity of Torah study in the city of Upper Nazareth. You will be an invaluable partner in the construction of a suitable and representative Hesder Yeshiva facility for the city, attracting young people and their families, encouraging "positive migration" and enriching community life and ensuring a viable future for the Galilee. You will be part of the national effort in which KKL-JNF plays a leading role in promoting people to make their homes in the periphery and, in this case, ensuring a viable future for the Galilee.

Mikvah in Shlomit

JNF Canada is a partner in establishing a mikvah in Shlomit in the western Negev near the Gaza Strip. The national-religious community was established in 2011. Today, 50 families live in Shlomit and it is expected to grow to 500 families. The mikvah enables the community to observe the commandment of ritual immersion and attract even more people from the region to use the facility, thus providing a necessary, religious function for the community and helping to attract additional young, religious families. You will be a partner in strengthening the community, not only physically, but also spiritually. The community will become the centre of the Halutsa area.

Sefer Bat Mitzvah

Alexandra Ages, inscribed by her parents, Tina and Kenny Ages.

Yizkor Certificates

Dr. Mark Zimmerman by Gil Zimmerman.
William Kellerman and Dr. Huguette Cohen by Andrée Kellerman.

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).



www.JNFottawa.ca

For Orlando vacations, kosher food easy to find at Disney

BY URIEL HEILMAN

ORLANDO, Fla. (JTA) – As any religiously observant Jew knows, going on vacation can take a lot of work.

Aside from the customary preparations, there are the added complications of organizing kosher food and Shabbat logistics. Many kosher tourists spend days precooking meals to freeze and bring along, to say nothing of figuring out once at their destination how to heat food on Shabbat and avoid using electronic hotel key cards.

So, when my editor asked if I'd be willing to fly to warmer climes in mid-January to write about doing a kosher vacation in Disney town – sans pre-cooking – it didn't take much persuading.

Here's what I found:

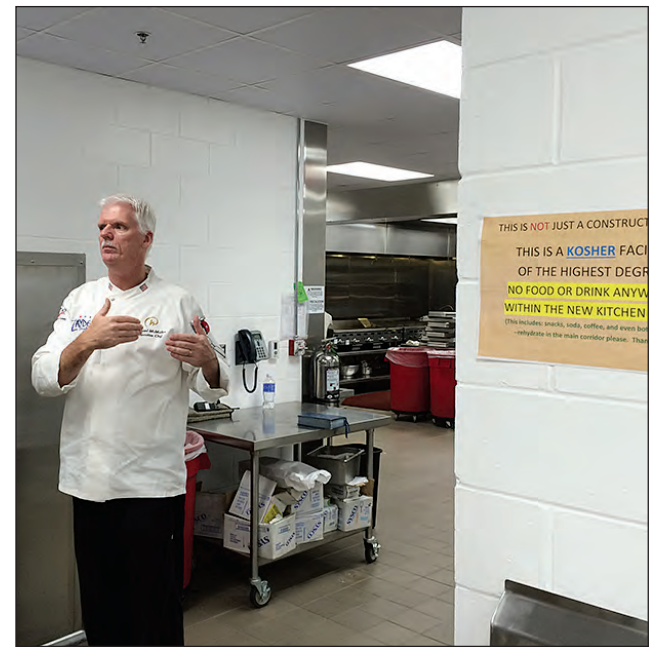
ZAYDE'S KOSHER KITCHEN AT THE ROSEN PLAZA HOTEL

The new \$2 million, 5,000-square-foot kosher kitchen opened in mid-January at the hotel after founder and president, Harris Rosen, decided a year ago he wanted a permanent kosher kitchen.

After months of construction and consulting on kosher specifications with the Orthodox Union and the Rabbinat of Central Florida, the hotel technically has three: meat, dairy and pareve. Open all year, Zayde's Kosher Kitchen allows guests to order even a single meal to eat in any of the hotel's restaurants or their room. The hotel also offers freshly made \$10 packaged meals in the lobby mini-market, such as pastrami, egg salad sandwiches and tuna wraps.

"Our main and primary goal was to open up the door for the kosher traveller so they did not have to eat out of their suitcase anymore," said Keith Keiser, director of sales and catering at Rosen Plaza. "Our goal is to have a luxury kosher product."

I dialed room service on a Thursday to put in my Shabbat order as Sabbath meals require 24-hour advance notice. The food wasn't just fresh and good – we had the Asian chicken salad (\$22), pan-seared chicken breast wrapped in turkey pastrami (\$35) and roast beef in Cabernet reduction with potatoes (\$45) – it was super



Michael McMullen, executive chef of the Rosen Plaza, explains the special kosher safeguards at the hotel's new \$2 million kosher kitchen.

convenient.

Instead of spending Friday afternoon at the supermarket and trying to make a salad with plastic utensils, we hung out poolside. On Saturday, there was a prayer minyan in the hotel, and that evening we joined some Israelis we had met for light kosher fare at Café Matisse, the ground-floor restaurant with kosher options. When my kids got hungry on Shabbat afternoon, I was able to grab some kosher grub at the quick mart in the lobby without using cash.

Rosen Plaza hopes to make its money not just from

See Orlando on page 12

www.jewishmemorialgardens.org

YOUR **ONE-STOP RESOURCE CENTRE** FOR FUNERAL ARRANGEMENTS

JEWISH MEMORIAL GARDENS

TO BETTER SERVE OUR COMMUNITY, WE HAVE **ONE CENTRAL NUMBER** TO HANDLE ALL OTTAWA-BASED CEMETERY ENQUIRIES AND TO ARRANGE FOR OUR SERVICES:

613.688.3530

GRAVESITE FLOWER PREPAYMENT PLANS

*145 (HST included) - single year or
*3,850 (HST included) - care guaranteed for 25 year

INTERMENT RIGHTS*

Bank Street \$3,750
Osgoode \$2,400

* Pre-purchasing of interment rights is only available to members of JMG's founding synagogues. Prices subject to change at any time.

Join Heidi Pivnick on a River Cruise

AVALON WATERWAYS

The Blue Danube Discovery
June 7 to 19, 2016
Jewish private tours
in Budapest, Vienna & Prague

Budapest to Prague

2 nights Budapest
7-night Danube Cruise
3 nights Prague

Heidi Pivnick

Luxury Travel & Cruise Specialist

613-314-6953

Agency Voyages Anne Travel
TICO 50008970

heidipivnick@gmail.com

DOVERCOURT RECREATION

Building a healthy, active and engaged community through recreation

Register now for **MARCH BREAK & SUMMER CAMPS!**

See all the details in our camp program books including charts & planning tool

Register online, by phone or in person

DOVERCOURT RECREATION CENTRE | 411 DOVERCOURT AVENUE, OTTAWA ON 613-798-8950 | MORE INFO... dovercourt.org

OFFICE SPACE FOR RENT

Approximately 130 sq. ft. Includes heat, hydro, AC, property management services such as building maintenance and custodial services, including vacuuming and garbage removal, high level security services, groundskeeping services, snow removal and more.

West end Ottawa, adjacent to Carling Ave, quick access to 417.

If you are interested and want to view the space, please contact Charles Brazeau
cbrazeau@jccottawa.com | 613 798 4696, ext. 269

ENRICHING LIVES jewishottawa.com

JCC of Ottawa SUMMER camps

Day Camp Travelling Sports Camp Specialty Camps

BONUS! Instructional swim lessons included in Day Camp & Travelling Sports Camp

Ages 2-15

Register Online!

For more information contact the Camp Office (613) 798-9818 ext. 258 • camp@jccottawa.com
www.jccottawa.com

Ganon Preschool to become licensed full day program

BY PAMELA ROSENBERG
SOLOWAY JEWISH COMMUNITY CENTRE

The Soloway JCC Ganon Preschool will become a full-day licensed program in the 2016-2017 school year. Parents of children as young as two will have the option to have them stay at preschool all day.

While the preschool has always operated as a morning licensed program with afternoon enrichment programs, the afternoon programs will also be licensed.

What does this mean for the preschool? For Ganon, not much will change since the preschool has always run as a “licensed calibre” program with ratios well below what the ministry is now mandating.

The new rules say there needs to be one teacher for every five children in the two-year-olds’ classroom, one teacher for every eight three-year-olds and one teacher for every 13 children in junior kindergarten (JK).

“We have always run at a much lower ratio in JK than what the ministry requires,” says Ganon Preschool Director Lauren Lee. “We are currently running at a 1:6 ratio, which is much lower than public schools and allows us to offer more individualized learning.”

Also as part of the new rules, Ganon has begun implementing a nap time in a designated sleep room with cots for two- and three-year-olds, and a resting period for four-year-olds between 12:15 and 1:30 pm before the afternoon programs begin.

The children each bring in a stuffie and a blanket from home for their nap. The teacher reads a story to transition children from a busy morning of learning to nap time; the lights are dimmed and soft music is played. For the JK resting period, children play quiet games, read and listen to music.



Children at the Ganon Preschool set the table for Shabbat.

“With the resting period being new to the children, and to the preschool families, we weren’t sure how smooth the transition would be – but it has been wonderful,” said Lee. “The children now have the opportunity to relax and recharge before they begin their afternoon. The children need the down time, and it has been a great addition to our program.”

While some of the operations of the preschool will change with the new ministry regulations, the warm and loving

environment and positive introduction to school and Jewish life, for which Ganon has become known, remain the same.

The Ganon curriculum incorporates pre-reading, pre-writing and math skills plus French and Hebrew. Ganon teaches children about Judaism and the importance of mitzvot and Jewish holidays.

On Fridays, the entire school gets together in one classroom to sing Shabbat songs, say the blessings, enjoy challah and hear a Shabbat story. Once a month, the students bring their Shabbat celebra-

tion to the residents of Hillel Lodge.

“Fridays feel different from the rest of the week,” Lee said. “Shabbat at Ganon is a real celebration. It’s a lot of fun for all of us, and the children really look forward to it.”

Jewish learning is part of every day at Ganon. Preparations for upcoming Jewish holidays is always happening with the activity centres, dramatic play area, books and the learning circle all dedicated to learning more about the holidays in a fun and creative way.

SUMMER CAN BE...
CAMP CAN-AQUA
BOYS & GIRLS AGES 7-16

LOCATED NEAR BANCROFT, ON 2.5 HOURS FROM OTTAWA

A TRADITIONAL CAMP THAT SPECIALIZES IN:
MOUNTAIN BIKING WAKEBOARD/ WATERSKI
WOOD WORKING AND SO MUCH MORE!

www.canaqua.ca

Camp Can-Aqua

A balance of skill-development and creative exploration

Camp Can-Aqua is an incredibly remarkable experience for you to give to your child. Situated on a private lake and 160 acres of stunning Ontario landscape, we’re a camper-centred world where kids thrive.

As a traditional camp, we’re proud of the balance of skill-development and creative exploration we

instil. A camper community of 170 kids, every child’s experience is important!

Accredited by the Ontario Camps Association, Can-Aqua is safe, supportive and loads of fun, only 2.5 hours from Ottawa.

Here your kids will develop, grow and experience things they’ll keep with them for the rest of their lives.

Orlando: Kosher choices at markets and restaurants

Continued from page 9

kosher travellers like me (full disclosure: the hotel hosted me, so I didn't pay anything), but from Jewish conventions and events. The hotel is connected by sky-bridge to the Orange County Convention Center.

KOSHER AT THE PARKS

Kosher travellers going to most of Orlando's theme parks are going to have to pack a lunch.

One notable exception is Disney World, where you can order kosher food at most of the entertainment complex's on-site restaurants.

There are, however, a couple of catches. One, you need to order meals at least 48 hours in advance (Disney's website wrongly suggests 24 hours is sufficient). Two, if you want a reservation around dinnertime rather than 4 pm or 10 pm (the slots I was offered), you're best off reserving weeks in advance – Disney takes reservations as early as 180 days out; call 407-939-3463.

Finally, kosher menu options will be limited. Depending on where you snag a spot, some restaurants may have more dishes than others. When we made reservations at the Liberty Tree Tavern at

Magic Kingdom, for example, the kosher menu included a variety of dairy or meat entrees, including glazed chicken breast, salmon, lasagna or pizza. The kids menu had mac and cheese, chicken nuggets and hot dogs.

At fixed-price eateries, the price for dinner was \$35 for adults and \$19 for children. At restaurants with à la carte menus, entrees ranged from \$20 to \$25 for adults and \$8.50 to \$11 for children. Kosher desserts such as apple strudel and chocolate layer cake can be ordered, but no need to waste your money: Disney's own snacks and candy will do just fine.

Don't be worried by the side-by-side dairy and meat (a kosher no-no). Everything comes prepackaged like airline meals, prepared outside the park by Webermans Traditional Foods, a glatt kosher caterer with OK Kosher certification.

Quality aside, it's a real treat having a hot kosher meal at Disney. Plus, if you play your cards right, you can dine at the very spot where (I'm told) Lady and the Tramp shared their first kiss.

KOSHER OUTSIDE THE PARKS

If you're like most kosher travellers and plan to fend for yourself when it



Restaurants at Disney World in Orlando serve kosher meals by special request, but 48-hour advance notice is required

comes to lunch at the theme parks, chances are you'll have quite an appetite worked up come dinnertime.

The Winn-Dixie supermarket, two miles from Disney, carries a variety of kosher cold cuts, hot dogs, poultry, fresh chopped beef and meat and dry goods (including delicious challahs). Or you could try one of Orlando's two kosher restaurants.

Kosher Grill, an Israeli bistro near Universal Studios, is definitely the superior one. The Israeli fare – hummus, shawarma, kufta kebabs, schnitzel, and

falafel – is fresh, fast and reasonably priced, with entrees under \$20. The burgers and fries are good, too.

The alternative, Kosher Gourmet, is definitely kosher, but hardly gourmet. The food isn't bad – I liked the burgers and barbecue wings – but the ambiance is a reminder of how some kosher establishments behave – like they don't have to compete for customers. Our waitress wore a ratty T-shirt more appropriate for janitorial tasks than food service, and our request for water was treated as if it were exotic.

Klez9

A KLEZMER MUSIC EVENT FOR
THE KOSHER FOODBANK OF OTTAWA

FEATURING
A TOUCH OF KLEZ
MUSICA EBRAICA
INTERNATIONAL
FOLKDANCERS
OF OTTAWA

7 P.M March 6
Agudath Israel
1400 COLDREY AVE.

SPONSORED BY:
ADATH SHALOM, AGUDATH ISRAEL
BETH SHALOM, MACHZIKEI HADAS
OR HANESHAMA, TEMPLE ISRAEL

ADMISSION \$20 AT THE DOOR

Temple Israel

An egalitarian Reform congregation

Jewish roots, contemporary values, egalitarian

Friday Kabbalat Shabbat Services, 6:15 pm.
Saturday Shabbat Services, 10:15 am.
Thursday morning minyanim:
second and fourth Thursdays, 7:30 am.

Thursday, February 25:

Hungarian Ambassador His Excellency Balint Odor to speak to the Ottawa Jewish Community, 7 pm.
Reception to follow.
All are invited. (see ad elsewhere in this issue)

Rabbi Robert Morais
Rabbi Emeritus Steven H. Garten
Executive Director Heather Cohen
Temple Israel Religious School Principal Sue Potechin
Administration Officer Cathy Loves

Temple Israel

1301 Prince of Wales Drive, Ottawa, ON K2C 1N2
Tel: 613-224-1802 Fax: 613-224-0707
www.templeisraelottawa.ca

JFS: 'Helping those in need is a fundamental Jewish value'

Continued from page 8

about the role of JFS in helping Syrian refugees. They argue that JFS should focus first on helping Jews in need. While I understand where they are coming from, I do not agree. Both Syrians and Jews can be assisted – “both” being the operative word – and JFS considers extending such help to be its obligation as a Jewish organization.

It also goes beyond moral obligation. As a government-funded agency, it has long been a role of JFS to assist sponsors and refugees. Understanding how private sponsorship of refugees works is complicated, but it is important to know that refugee sponsorship is either wholly funded by private sources, or by government programs and private sources. No funds are diverted from programs that

assist vulnerable members of the Jewish community. The outpouring of support by those seeking to privately sponsor refugees is a testament to the generosity of Canadians and the Jewish community.

Working at JFS has opened my eyes. Our similarities outweigh our differences. As a Muslim, I was raised to believe that you should help others, not for personal gain, but from the goodness of your

heart. We believe that simply doing good is not enough; it must be done sincerely. According to the Qur'an (4:85), “Whoever recommends and helps a good cause becomes a partner therein, and whoever recommends and helps an evil cause shares in its burdens.”

We are all trying to make the world a better place. It only makes sense to join forces and increase our capabilities.



**In support of the Bess and Moe Greenberg Family Hillel Lodge
In the Joseph and Inez Zelikovitz Long Term Care Centre
613-728-3990**

Card Donations

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

On behalf of the residents and their families, we extend sincere appreciation to the following individuals and families who made card donations to the Hillel Lodge Long-Term Care Foundation between January 5 and 20, 2016 inclusive.

HONOUR FUNDS

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

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

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

Ruth and Irving Aaron Family Fund

In Honour of:

Candice and Stan Wilder Mazel Tov and best wishes on the birth of your grandson by Ruth and Irving Aaron

Brenda Wolf Mazel Tov and best wishes on the birth of your great-grandchild by Ruth and Irving Aaron

Sophie and Nachum Frankel Mazel Tov and best wishes on the birth of your granddaughter by Ruth and Irving Aaron

In Memory of:

Esther Goodman by Ruth and Irving Aaron

Bill and Leona Adler Memorial Fund

In Memory of:

Bessie Waxman by Elayne Adler and family and Marilyn Adler and Neil Blacher

Rita Glencross by Marilyn Adler

Toba Shuster by Marilyn Adler

Ida Kershman by Marilyn Adler

Renah Davies by Marilyn Adler

Evelyn Rotenberg by Marilyn Adler and Neil Blacher

Stella and Norman Beck Family Fund

In Memory of:

Ida Kershman by Stella Beck

Boris and Dolly Blacher Family Fund

In Honour of:

Marilyn Adler and Neil Blacher Thank you by Marla Blacher

Gunner Family Fund

In Memory of:

Abraham Shapransky by Sol and Estelle Gunner

David, Harvey, Victor Kardish Family Fund

In Memory of:

Bessie Waxman by Gale, Victor and Sydney Kardish

Laya Abramowitz by David, Margo, Aaron and Gail Kardish

Schachter/Ingber Family Fund

In Honour of:

Suzan and Marvin Mandell by Rachel, Howard, Davida and Josh Schachter

Harold and Lillian Shoihet Memorial Fund

In Honour of:

Gavi Stulberg Mazel Tov on your engagement by David Shoihet and Family

Skulsky Family Memorial Fund

In Memory of:

Sarah Pomerantz by Helen Wiseman

Stephen and Debra Schneiderman Family Fund

In Memory of:

Bessie Waxman by the staff and Board of the LTC Foundation, Gary Kugler and Marlene Rubin, Elizabeth and Serge Richard, Sol and Estelle Gunner, Carol Gradus, Danny and Marilyn Kimmel, Ingrid Levitz, Bunny Cogan, Joanna and Ira Abrams, Patty Haas and family, Sonia Greenspoon, Koral and Allan Zeidel and the Kimmel, Kaiman and Levine families

Evelyn Rotenberg by Stephen and Debra Schneiderman

Ralph and Anne Sternberg Memorial Fund

In Honour of:

Sylvia Klein Mazel Tov on your milestone birthday by Laya and Ted Jacobsen

Rabbi Deborah Zuker Mazel Tov and welcome by Laya and Ted Jacobsen

Barbara and Alec Okun Bon Voyage to dear friends by Laya and Ted Jacobsen

Sarah and Arnie Swedler Family Fund

In Memory of:

Bessie Waxman by Arnie Swedler and Rhoda Zaitlin

Evelyn Rotenberg by Arnie Swedler and Rhoda Zaitlin

Roslyn and Myles Taller Family Fund

In Memory of:

Bessie Waxman by Myles Taller

Evelyn Rotenberg by Myles Taller

Eric Weiner and Arlene Godfrey Family Fund

In Memory of:

Bessie Waxman by Eric Weiner and Arlene Godfrey

Toby and Joel Yan Family Fund

In Honour of:

Harvey Goldberg Mazel Tov on your special Birthday by Toby and Joel Yan

Feeding Program

In Memory of:

Bessie Waxman by Joy, Seymour, Jess, David and Jared Mender, Barbara and Steve Levinson

Donna Beland by Carol Gradus

In Honour of:

Vera and Leslie Klein Mazel Tov on the birth of your grandson by Irma Sachs

Elayne and Wesley Schachter Mazel Tov on the birth of your granddaughter by Joy, Seymour, Jess, David and Jared Mender and Barbara and Steve Levinson

Sharon Weinstein Mazel Tov on your special Birthday by Barbara and Steve Levinson

IN MEMORY OF:

Bessie Waxman by the Board of Hillel Lodge, Debi and David Shore, Morag Burch, Art and Marsha Saper, Ashley and Daniel Lindzon and Mira Royz

Joan Bates by Marcella Seropian

Joseph Strug by Eli, Sharon, Melanie and Netanya Cohen

Ida Kershman by the residents, Boards and staff of the Lodge and LTC Foundation, Ingrid Levitz and Donna and Eric Levin

Renah Davies by the residents, Boards and staff of the Lodge and LTC Foundation

Toba Shuster by Mayda and Les Cohen and Stan, Joan and Arthur Furgeon, Arla and Howie Hamer and Lillian Zunder

IN HONOUR OF:

Jeffrey Pleet Mazel Tov on your special Birthday by Carol and Stanley Kershman

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 great opportunity to recognize an event or convey the appropriate sentiment to someone important to you and at the same time support the Lodge. Call orders may be given to Cathie at 728-3990, 8:30 a.m. – 4:30 p.m. Monday to Friday. You may also go to: www.hillel-ltc.com and click on the “Donate Now” button to make your donations. Cards may be paid for by Visa or Mastercard. Contributions are tax deductible.

An investigative reporter's chronicle of the Jedwabne massacre

The Crime and the Silence: Confronting the Massacre of Jews in Wartime Jedwabne

By Anna Bikont
Translated by Alissa Valles
Farrar, Strauss and Giroux
524 pages

On July 10, 1941, the Jews of Jedwabne, Poland, were herded into a barn. The barn was locked and set on fire. Jan Tomasz Gross told the story in his short book, *Neighbors*, published in 2000. Gross, a historian, based his book on documentary sources: the recorded testimony of a survivor; court papers from a postwar trial of persons charged with aiding the German occupiers; and the *Jedwabne Book of Memory*, a Yizkor book created in America by Rabbis Julius and Jacob Baker, who left Jedwabne before the war. Gross's conclusions are emphatic, and much disputed in Poland: About 1600 people were killed, and the massacre was committed by Poles.

Anna Bikont is a journalist at the Warsaw, Poland, newspaper *Gazeta Wyborcza*. Her approach in *The Crime and the Silence: Confronting the Massacre of Jews in Wartime Jedwabne* – published in Polish in 2004 and this past September in English translation – is that of an investigative reporter. She goes to Jedwabne.

“There must be a memory of the atrocity in the town, there must be some witnesses. I will try to reconstruct the facts, but also what happened to the memory of those events over the last sixty years.”

Jedwabne is north of Warsaw, close to the former East Prussia, in a part of Poland that, before the Second World War, was heavily influenced by the anti-Semitic National Party and reactionary Catholic clergy. During the war, it

MURRAY CITRON BOOK REVIEW

came under four successive occupations: German, for a few weeks after the Nazi invasion in September 1939; Soviet, after the partition of Poland under the Hitler-Stalin pact; German, again, after Germany attacked the Soviet Union in June 1941; and Soviet again, after the Soviets returned in 1944. The massacre in Jedwabne, and in the nearby towns of Radzilow and Wasosz, occurred early in the second German occupation.

Bikont travelled to Jedwabne and nearby towns, and also to Israel, the United States and South and Central America, and talked to everyone she could find with any memory of the events. She also read all the original documents and much background material pertaining to the massacre. The book takes the form of excerpts from her journal, recording her investigations, made between 2000 and 2004, interspersed with chapters devoted to specific people or events. Any of the chapters could be a book by itself. The journal is also, in part, a chronicle of self-discovery. As an adult, Bikont found out her mother was Jewish and had “passed” in Lvov in 1942.

Bikont found witnesses in a number of categories. There

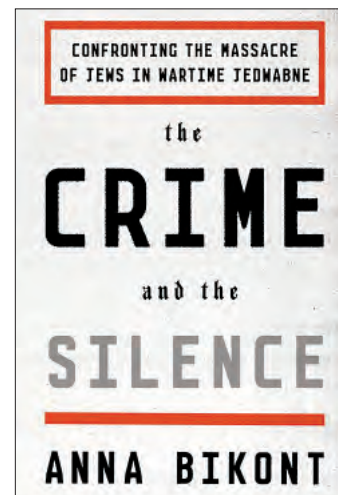
are a handful of Jews who survived in the ways that Jews survived – by being deported to Siberia, or hidden by Polish neighbours. There are Polish perpetrators, who say the Germans did it, not the Poles, but it was the fault of the Jews for not defending themselves and for helping the Communists during the first Soviet occupation. There are Poles who were children or teenagers and confirm clearly that the crime was committed by Poles, and describe vividly how the participants, and peasants from surrounding areas, rushed to help themselves to Jewish property.

A chapter is devoted to Krzysztof Godlewski. As mayor of Jedwabne, Godlewski promoted a memorial service that was held July 10, 2001, the 60th anniversary of the massacre. It was sparsely attended. The mayor, the Polish president and the Israeli ambassador spoke. Godlewski was soon forced to resign. He moved to Chicago, where he found the Polish community was even more anti-Semitic than in Jedwabne.

The *silence* in the book's title takes different forms. What happened was well known in the area, but the people didn't talk to outsiders. Poles who helped Jews,

and their families, didn't talk about what they had done because it was dangerous. Of the memorial service in Jedwabne, Bikont writes, “I only regret that no one said anything in Yiddish, the language that sounded in this marketplace for centuries.”

The Crime and the Silence received the 2015 National (U.S.) Jewish Book Award in the category of Holocaust literature.



Ganon Preschool



The Soloway JCC Ganon Preschool is a warm, loving place and a positive introduction to school and to Jewish life.

The Ganon Preschool offers a flexible, half day or full day licensed program where in addition to ABC's and 1,2,3's children ages 2 to 5 learn Hebrew, French and about Jewish holidays, traditions and celebrations.

Registration for the 2016-2017 school year

Wednesday, February 17- Tuesday March 1:

SJCC Members currently enrolled in the preschool

Wednesday, March 2 - Tuesday March 15:

Non Members currently enrolled in the preschool

Wednesday, March 16:

Open Registration

For a private tour of the Ganon Preschool please contact Preschool Director
Lauren Lee at (613) 798-9818 ext. 280, ganon@jccottawa.com

www.jccottawa.com/ganon

Please join us at the Soloway Jewish Community Centre Annual General Meeting and Awards Night

Thursday, February 25, 7:00 pm
at the Soloway JCC

The Soloway JCC Board of Directors is seeking candidates to serve up to a three-year term as a member of the SJCC Board of Directors. All candidates must be members of the SJCC and in good standing in the Jewish community of Ottawa.

To nominate someone please contact Maxine Miska,
mmiska@jccottawa.com

 **Soloway JCC**
jccottawa.com

Jewish community in Argentina lives with ghosts and memories of its Disappeared

BUENOS AIRES – This is a country of memories – not all of them happy. Amidst the statues and monuments to the leaders who liberated Argentina from Spanish rule and to those who have since controlled its destiny, there are reminders of the darkest period of the country’s modern history.

The walls of the immigration area at Ezeiza International Airport are literally covered with posters of missing people. So are the security areas of at least some of the regional airports.

These are not posters of the original *desaparecidos* (disappeared) – the estimated 30,000 dissidents who were rounded up, tortured and murdered by Argentina’s military government during the so-called “Dirty War” between 1976 and 1983.

These are images of the more than 6,000 children, teenagers and adults – more than half of them from the Buenos Aires area – who have been reported missing in Argentina in recent years.

Teenage girls make up the largest group of the “modern missing,” most of whom are believed to be victims of forced labour and sex trafficking.

Confronted by the sheer volume of these shocking posters, I couldn’t escape the feeling that there’s a connection between the *desaparecidos* and the modern missing.

It’s as if there is a need to publicly acknowledge today’s missing persons in a way that the original victims could never be acknowledged during the years of repression and state-sponsored terror – especially since so many of those responsible for the latter have managed to this day to escape prosecution.



“This is still an open wound in our society,” our tour guide tells us. “There are those who want to pretend it never happened, but it is still with us.”

There is a disturbing Jewish connection to the Dirty War. Although Jews made up less than one per cent of Argentina’s population at the time, a 1999 report by the Barcelona-based Commission of Solidarity with Relatives of the Disappeared found that Jews made up about 12 per cent of the victims of the military regime.

They were prime targets, in part because Nazi ideology had permeated the military. Indeed, some sources say that recordings of Hitler’s speeches were played during torture sessions.

And some sections of the military believed in the “Andinia Plan,” a fictitious Israeli conspiracy to take over part of the Patagonia region and establish a second Jewish state there.

The 1990s saw new and deadly challenges for the Jews in Buenos Aires. In March 1992, a suicide bomber drove a pickup truck loaded with explosives into the front of the Israeli Embassy. The attack killed 29 and injured 242. In July 1994, another suicide bomber drove a van full of ammonium nitrate fertilizer and fuel oil into AMIA (Asociación Mutual Israelita Argentina), a Jewish

community centre. Eighty-five people were killed and more than 200 were wounded.

Although Islamic Jihad claimed responsibility for the embassy murders, both attacks are believed to have been masterminded by the late Imad Mughniyeh, the Hezbollah arch-terrorist whose long list of crimes included the deadly 1983 attacks on French paratroopers, U.S. military barracks and the U.S. Embassy in Beirut.

But neither Mughniyeh, who was assassinated in 2008, nor the other suspects were ever successfully prosecuted – another reminder of the limitations of Argentinian justice.

The economy, not terror, has caused the biggest Jewish exodus from Argentina in recent years. Since the economic crisis of 1998-2002, 10,000 Argentinian Jews have immigrated to Israel, although many returned when the economy improved.

The Jewish population in Argentina has dropped to 181,500 today from 310,000 in the early 1960s. But it is still the largest Jewish population in Latin America and the seventh largest in the world. It is 80 per cent Ashkenazi.

And, despite scattered anti-Semitic attacks in recent years, the Jewish community of Buenos Aires is vibrant, with impressive synagogues, a bustling business district and kosher restaurants and butchers.

But the AMIA building now looks like a fortress, and visitors need to submit their passports days in advance for security checks. A huge memorial sign that resembles a chalkboard lists the names of the victims.

The Israeli Embassy is now just one of many tenants at a nondescript office building. A memorial park on the original embassy site includes a piece of the old wall, along with 21 trees and seven benches in memory of the victims.

Just as Argentina still bears the scars and shame of its tragedies, the Jewish community here must live with the ghosts and memories of its own Disappeared.

Jews of Colour, Part 3: King, kavanah and kavod

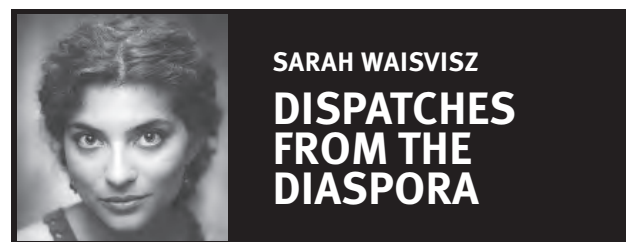
February is Black History Month and, in January, Americans marked Martin Luther King, Jr. Day (MLK Day) to honour the legacy of the leader whose contributions to the civil rights movement drastically shifted American society and, arguably, the whole world. American Jewish communities often honour MLK Day by organizing social justice projects and holding solidarity events with communities of colour featuring inspiring speeches and music.

But, as Jared Jackson wrote in the Forward (January 18), “Much of Jewish MLK Day programming ... does not lead to actual change in the culture of the institution” but rather reflects a novelty that “makes it all too easy for us to overlook the diversity that already exists within our own ranks – Jews of colour, multi-heritage individuals and families – as well as the racial and social justice work that we must do within the Jewish world.”

And here? When was the last time Ottawa’s Jewish community honoured Black History Month, celebrated the contribution of Mizrahi Jews, invited experts to speak about Jewish traditions in ancient communities like Ethiopia or India, or ran a workshop about challenging our internalized racism when it comes to who we think counts as Jewish? I have written a play about my own Black-Jewish experience. It premieres this month – but will it speak to our community?

www.undercurrentsfestival.ca/monstrous

Perhaps Ottawa’s Jewish community is waiting for a demographic shift in order to launch an inclusivity program; in other words, waiting for more Jews of colour to make grievances so there is a “problem” to deal with. But, ultimately, we may not realize who we are already



leaving out, and we need to be welcoming of the diversity of Jewish experiences we already have in our midst.

On the other hand, I am buoyed by initiatives such as the one held by Agudath Israel Congregation and Congregation Beth Shalom on January 24 to stand in solidarity with the congregants of Parkdale United Church after their church was desecrated with hateful graffiti just before MLK Day.

I recently spoke with Jared Jackson, whose Forward article is cited above. Jackson is the founder and executive director of the Philadelphia-based organization Jews in ALL Hues, and he coaches groups and individuals on diversity, anti-oppression and inclusivity. He helps groups identify challenges and then create plans to increase their sensitivity and inclusion policies.

Jackson is hopeful. “There is always the opportunity for learning about diversity, but you must cultivate your heart first,” he said.

Jackson wants to see a Jewish future where intersections of identity are not a barrier to the obligations and joys of Judaism. He sees beauty in the nuances, layers and blends of traditions that happen when the diversity already in our families and communities is allowed to shine through,

when differences can glow in counterpoint.

“What would it look like for communities to accept people for who they are?” he asked.

He says most Jews of colour, when they enter Jewish spaces, expect to have to defend themselves and explain their right to be there. “Could we have spaces where we could just *be*?”

Jackson reminds me that *kavod* is a deeply significant Jewish concept: the value of dignity and respect for our neighbours is paramount to our tradition. If we return to our sacred texts, he suggests, we will find suggestions and obligations related to *kavod*, “and we will see that dignity and inclusivity is about honouring not just our neighbours but the entire Jewish family, everyone.”

As I see it, practising inclusivity and a real “open door policy” also includes not questioning someone’s choice to be in a Jewish space. Over the High Holidays, someone in my congregation worried that a few non-Jews were attending our events. My feedback was this: How do we know that those individuals are not on a Jewish journey? Whether or not their last name sounds Jewish or they were raised atheist, how are we to judge whether or not joining us in prayer is meaningful for them?

I told Jackson to get his winter gear together so that he could come to Ottawa and help us out. I can’t speak for the whole Ottawa Jewish community, I said, but I would love for my congregation, Or Haneshamah, to commit to the work of anti-oppression and inclusion. I assured him that, although it would take hard work, we were up to the challenge of cultivating our hearts.

In honour of the dignity of all of Israel, *kavod ha tzibur*, I wish you a meaningful Black History Month.

Sorry it took so long to call back: Is it you, me, or both of us?

Last fall, I received a call from a member of the Jewish Federation of Ottawa. They wanted to know if I'd be interested in helping run a committee focusing on improving Federation's reach.

The call came during an exceptionally busy period in my day job and, while I said I'd help, I also said I couldn't be involved at all until much later in the year. We agreed to speak again in a couple of months.

The months ticked by and a call came again in mid-November. I was putting my daughter to bed, a ritual that is a highlight of my day.

After that, it was meal planning for the rest of the week, laundry, catching up on the work I didn't get to that day so I could be home in time for bedtime and, all of the sudden, it was 10 pm and I hadn't returned the call.

A couple of weeks went by and the scrap of paper with the phone message I needed to return followed me around the house like a lone sock you hold on to in case you ever find its match – I would get to it, eventually.

I scheduled a call. Then got sent out of town for work unexpectedly and missed the phone date. I apologized, and offered to call again. But my daughter had a fever and wasn't sleeping, and so the call never got made.

I was also going to return a call about another committee, and respond to an e-mail about getting involved with the shul. None of it happened.

In the 18 months since I returned to work, I've learned work/life balance is a teeter-totter – when something goes up, something else goes down.

It's a challenge all the time, including when you are looking beyond work life and home life and seeking to



STEPHANIE SHEFRIN
EMERGING GEN

get involved in community.

When Federation talks about being more inclusive, it's from two perspectives: ensuring programming meets the needs of as wide a range of people as possible, but also ensuring the organization itself is inclusive.

This means looking at committees and boards and who sits on them to ensure membership cuts across the spectrums of age, gender, religious affiliation and socio-economics, to name a few.

But there's another way to look at it. Is the way the Federation itself is structured as inclusive as possible?

The work of the highly devoted and capable professionals who run Federation is backed up by an army of volunteers who sit on committees like the one I was called to participate in.

Committees are driven by meetings. Meetings beget more meetings and more committees in a way analogous to those chapters in the Torah that are nothing but genealogy.

We'd skip over those chapters at Hillel Academy because there was no story there, just history.

When you look at the history of community leadership, it is striking how many past Federation leaders were self-employed.

To rise in the volunteer ranks, you need to be able to give time – a lot of time. And only those who have full command over their schedules have that kind of time.

Young families don't have that flexibility. In many cases today, both parents work outside the home in jobs that don't allow for attending daytime meetings.

The after-school, after-work hours are jammed – parents of slightly older kids have soccer or drama classes or swim lessons, then homework time and bed. Parents of slightly younger ones are just trying to make it to bedtime, a time that's often exactly when the evening committees are scheduled to meet, meaning it's get a babysitter or bust.

Most parents I know who are engaged in community life are best when asked for one-offs. Can they help volunteer at an event? Be involved in a specific, short-term project with clearly defined goals? These are things that can be handled around the demands of raising a young family.

But their voices also need to be present in the long-term planning of our community's future.

Just as the private sector is grappling with engaging a new generation of workers and adapting old structures to meet their needs, if the community wants to reach young families, get them involved and keep them engaged, perhaps there needs to be consideration given as to how the community management system itself is structured.

So, I'm sorry I didn't call you back for so long, Jonathan. And you, Mike, and you, too, Stuart. I'm also sorry I had to say no. I'd say it's not you, it's me – but maybe it's both of us.

Try snowshoeing your way through winter

If, like me, your first exposure to snowshoeing was decades ago in high school gym class, you may have unpleasant memories of trudging through a snowy field donning cumbersome, ill-fitting snowshoes that resembled oversized tennis racquets. Back then, my classmates and I considered snowshoeing very uncool and boring. We thought snowshoeing was only to be done out of necessity by indigenous peoples hunting in northern Canada.

Fast-forward almost 40 years. We've come a long way, baby. Our increased awareness of health and fitness may be one reason snowshoeing has been steadily increasing in popularity as a recreational winter activity.

Snowshoeing contributes to cardiovascular fitness and fat loss. Estimates of calories burned per hour range from 400 to 1,000 (about 45 per cent more than walking or running at the same speed), depending on factors such as how much effort you exert and your body size.

In this technological age, where we spend so much time indoors sitting and staring at a screen, snowshoeing is a fun and convenient way to get back to nature and improve our mental health, too. In our cold Canadian climate, we tend to spend more time indoors during the winter months. The lack of sunlight coupled with a reduction in physical activity can lead to seasonal depression. It's easier to embrace winter when you find an activity you enjoy.

You can snowshoe just about anywhere, anytime. If you can walk, you can snowshoe – no special skills or lessons required, unless you plan on participating in competitive snowshoe races. Snowshoeing is more affordable than some other winter sports. You don't need lift tickets. You don't need to travel to special



GLORIA SCHWARTZ
FOCUS ON
FITNESS

locations where there are hills or trails. If time is limited, you can snowshoe in a nearby field or on an unplowed sidewalk.

Unlike the wooden snowshoes with rawhide bindings of the past, today's high-tech snowshoes are made of lightweight metal with synthetic bindings and have upward-tilted front ends to maximize manoeuvrability. While the purists may prefer tradition, I find it much quicker and easier to put on and move around in modern snowshoes.

Wear comfortable, flat-soled winter boots and simply attach the snowshoes with the adjustable straps. Basic snowshoes cost around \$100 and up for beginners. There are other styles geared for snowshoe running and snowshoeing in the backwoods in deep snow and on hilly terrain. I wear basic snowshoes designed for women – they're more tapered so you're less prone to getting sore hips compared to wearing men's wider snowshoes.

One day in mid-January, I was contemplating snowshoeing for the first time this season. I was relaxing at home listening to the wind howl. Having recently returned from my beach getaway where I enjoyed glorious 29-degree Celsius weather, I wasn't feeling very

motivated to venture outdoors for exercise, even though, as the day progressed, it had "warmed up" to -12. With the wind chill, it felt like -22 and there was a frostbite warning.

Should I stay put or should I go? I was perusing Twitter and came across a tweet by one of my role models – Ottawa's renowned extreme runner, Ray Zahab. In anticipation of his upcoming adventure, he tweeted, "On the first leg of the Arctic2Atacame expedition temps could dip below -50!!!"

That was the inspiration I needed. Who was I to complain about -22? My motto is: When you least feel like doing something, that's when your body needs it most. So I got up from the couch, gathered my snowshoes, bundled up and drove to my neighbourhood park.

The virgin snow on the large field was gleaming. I strapped on my snowshoes, pulled my neck warmer over my nose and set out. Within a couple of minutes, I literally began to feel emotionally uplifted. I was in nature – albeit an urban-nature setting – and there was no one around.

I became acutely aware of the sound of my snowshoes breaking through the thin crusty layer of the snow with each step. I quickly forgot about the freezing wind and blowing snow as I made my way around the field. My mind cleared of deadlines, appointments and chores. I looked up at the overcast sky as the sun peaked out from behind a cloud. I felt wonderful!

If you struggle with the psychological challenges of winter and would like to get involved in a physical activity that is safe, energizing and calming, snowshoeing may be just what the doctor ordered.

FOUNDATION DONATIONS | Ottawa Jewish Community Foundation

Our future is in your hands

To make a donation
and/or send a tribute card,
call the Foundation office
(613-798-4696 ext. 274)

e-mail: tributecards@ojcf.ca
website: www.OJCF.ca

OTTAWA JEWISH
COMMUNITY FOUNDATION



Join us in building our community by supporting these local agencies

- | | |
|---|---|
| MARTIN GLATT
PARLIAMENT LODGE
B'NAI BRITH
PAST PRESIDENTS' FUND
R'fuah Sh'leimah to:
Joe Kruger by the Ottawa B'nai Brith
Bowling League. | OTTAWA JEWISH
COMMUNITY SCHOOL
PARENT FUND |
| AJA 50+ ENDOWMENT FUND
AJA 50+ DAVID SMITH
OTTAWA JEWISH
COMMUNITY SCHOOL
SCHOLARSHIP FUND | OTTAWA JEWISH
COMMUNITY SCHOOL
AGENCY FUND |
| AKIVA EVENING HIGH SCHOOL
ENDOWMENT FUND | OTTAWA JEWISH
COMMUNITY SCHOOL
CHILDREN OF THE BOOK
AWARD FUND |
| ADINA BEN PORAT MACHON SARAH
TORAH EDUCATION FUND | OTTAWA JEWISH
COMMUNITY SCHOOL
ENDOWMENT FUND |
| SHIRLEY AND SHIER BERMAN FUND
FOR OTTAWA JEWISH ARCHIVES | OTTAWA JEWISH
COMMUNITY SCHOOL
FUND IN MEMORY
OF EVA WINTROB |
| DORIS BRONSTEIN TALMUD TORAH
AFTERNOON SCHOOL FUND | OTTAWA JEWISH
HISTORICAL SOCIETY FUND |
| BARRY FISHMAN
OTTAWA JEWISH BULLETIN
SCHOLARSHIP FUND | OTTAWA LODGE B'NAI BRITH #885
PAST PRESIDENTS FUND |
| MENDEL AND VALERIE GOOD
HOLOCAUST
CONTINUING EDUCATION FUND | OTTAWA LODGE B'NAI BRITH #885
PRESIDENTS SCHOLARSHIP FUND |
| GREENBERG FAMILIES
LIBRARY FUND | OTTAWA MODERN
JEWISH SCHOOL FUND |
| FUND FOR THE
NEXT GENERATION | OTTAWA POST
JEWISH WAR VETERANS FUND |
| HILLEL LODGE
LEGACY FUND | OTTAWA TORAH INSTITUTE
TORAH EDUCATION FUND |
| JEWISH COMMUNITY CEMETERY
HOLOCAUST MEMORIAL FUND | PINCHAS ZUKERMAN
MUSIC EDUCATION FUND |
| JEWISH FAMILY SERVICES
AGENCY FUND | RAMBAM MAIMONIDES
JEWISH CONTINUITY FUND |
| JEWISH MEN'S
SOFTBALL LEAGUE FUND | SOLOWAY JEWISH
COMMUNITY CENTRE
EARLY CHILDHOOD
EDUCATION FUND |
| JEWISH STUDENTS ASSOCIATION -
HILLEL FUND | SOLOWAY JEWISH COMMUNITY
SUMMER CAMP SCHOLARSHIP FUND |
| JEWISH YOUTH LIBRARY
OF OTTAWA
ENDOWMENT FUND | SOLOWAY JEWISH
COMMUNITY CENTRE
ENDOWMENT FUND |
| DAVID "THE BEAR" KARDASH
CAMP B'NAI BRITH
MEMORIAL FUND | SOLOWAY JEWISH
COMMUNITY CENTRE
YOUTH SERVICES FUND |
| OTTAWA JEWISH CEMETERIES
ZICHARON FUND | TAMIR ENDOWMENT FUND |
| OTTAWA JEWISH COMMUNITY
ENDOWMENT FUND | TORAH ACADEMY OF OTTAWA
TORAH EDUCATION FUND |
| | SARA AND ZEEV VERED
ISRAEL CULTURAL
PROGRAM FUND |

The Board of Directors of the
Ottawa Jewish Community Founda-
tion acknowledges with thanks
contributions to the following funds
as of January 18, 2016.

CAYLA AND MICHAEL BAYLIN
ENDOWMENT FUND

Birthday Wishes to:
Elaine Wolfish by Cayla Baylin.
R'fuah Sh'leimah to:
Natalie Stern by Cayla Baylin.

ISAAC AND HELEN BEILES
ENDOWMENT FUND

Birthday Wishes to:
Lovella Abrams by Pam Beiles and family;
and by Eileen Marcus.

LESLIE AND CORNELIA ENGEL
ENDOWMENT FUND

In Observance of the Yahrzeit of:
Leslie Engel, a dear father by Andre and
Shelley Engel.

FLORENCE FAMILY
MEMORIAL FUND

In Observance of the Yahrzeit of:
Rose Doctor, a dear aunt by A.L., Ann,
Leanne and Brendan Smith.
A.L. Florence, a dear grandfather by A.L.,
Ann, Leanne and Brendan Smith.
Jack Florence, a dear uncle by A.L., Ann,
Leanne and Brendan Smith.
Lena Florence, a dear grandmother by A.L.,
Ann, Leanne and Brendan Smith.

STAN AND LIBBY GLUBE
FAMILY FUND

Birthday Wishes to:
Jack Lehrer by Norman and Arlene Glube.

HERB AND DENA GOSEWICH
ENDOWMENT FUND

Mazel Tov to:
Laya and Sol Shabinsky on the birth of their
great-grandson, Isaac by Dena Gosewich.

GROSSMAN KLEIN
FAMILIES FUND

Birthday Wishes to:
Donna Shore by Vera and Leslie Klein and
family.
In Memory of:
Marty Davis by Vera and Leslie Klein and
family.
Rachel Markowicz by Vera and Leslie Klein
and family.

LARRY AND SHEILA HARTMAN
ENDOWMENT FUND

R'fuah Sh'leimah to:
Simon Morin by Larry and Sheila Hartman.
Alvin Stein by Larry and Sheila Hartman.
Alan Williams by Larry and Sheila Hartman.

HY AND PAULINE HOCHBERG
ENDOWMENT FUND

In Observance of the Yahrzeit of:
Hy Hochberg, a dear husband, father and
grandfather by Pauline Hochberg and family.

ARTHUR AND SARAH KIMMEL
MEMORIAL FUND

Birthday Wishes to:
Erma Engel by Roslyn and Arnie Kimmel.

Carol-Sue Shapiro by Roslyn and Arnie
Kimmel and family.

In Memory of:
Patricia Weinberg by Roslyn and Arnie
Kimmel.

Mazel Tov to:

Mark and Lynn Shabinsky on the birth of
their first grandchild, Isaac by Roslyn and Arnie
Kimmel and family.

SUSAN AND DAVID KRIGER
ENDOWMENT FUND

In Observance of the Yahrzeit of:
Alan Ain, a dear brother by Susan and David
Kriger.

ISSIE AND EDITH LANDAU
ENDOWMENT FUND

In Memory of:
Harry Shapiro by Edie Landau and family.

SANDRA AND JACIE LEVINSON
ENDOWMENT FUND

R'fuah Sh'leimah to:
Natalie Stern by Sandra and Jacie Levinson.

JOSEPH AND EVELYN LIEFF
ENDOWMENT FUND

Birthday Wishes to:
Ruth Viner by Evelyn Lieff.
Sharon Weinstein by Evelyn Lieff.

In Memory of:

Moses Cook by Evelyn Lieff.
Ethel Epstein by Evelyn Lieff.
Herb Gosewicz by Evelyn Lieff.
Molly Switzer by Evelyn Lieff.

Mazel Tov to:

Dorothy Hymes on the birth of her
great-grandchildren by Evelyn Lieff.
Sunny and John Tavel on the birth of their
grandson by Evelyn Lieff.

SAMUEL AND LEEMA MAGIDSON
ENDOWMENT FUND

R'fuah Sh'leimah to:
Marsha Magidson by Daniel and Marilyn
Kimmel.

ELLEN, SHARON, LAWRENCE
AND LYNDA NADOLNY
FAMILIES FUND

Birthday Wishes to:
Sharon Weinstein by Lise and Mark Thaw;
and by Sally and Elliott Levitan.

PINKAS AND YEHUDIT NEWMAN
MEMORIAL FUND

Mazel Tov to:
Mark and Lynn Shabinsky on the birth of
their first grandchild, Isaac by Marilyn and Will
Newman.

SYDNEY SLOAN POTECHIN
MEMORIAL FUND

R'fuah Sh'leimah to:
David Leith by Dodie and Bram Potechin.

Mazel Tov to:

Lynn and Mark Shabinsky on the birth of
their first grandchild, Isaac by Dodie and Bram
Potechin.

PREHOGAN FAMILY FUND

Mazel Tov to:
Ron and Avalee Prehogan on the birth of
their grandson by Benita Siemiatycki.

FOUNDATION DONATIONS | Ottawa Jewish Community Foundation

The Women's Collective Philanthropy Program wants to help YOU.



The WCPP is dedicated to improving the lives of women and children in our community.

Are you someone who could benefit from our support?

If you have an idea that could make a positive difference in your circumstance, or in the lives of women and children in this community, please apply to the 2016 WCPP grant.

CALL FOR GRANT APPLICATIONS



• Deadline March 31, 2016 •
Contact Mike at mbazuk@jewishottawa.com
for more information on our
2016 Grant Application Process.
Apply online at ojcf.ca

OTTAWA JEWISH
COMMUNITY FOUNDATION



ALTI AND BEREL RODAL FAMILY FUND

In Memory of:

Dora Gray by Alti and Berel Rodal.

HELENA AND MICHAEL ROSENBAUM (ROBERN) SCHOLARSHIP FUND

Condolences to:

Jeanette Zaffir and family by Joan Schwarzfeld and Michael Robern and family.

LAYA AND SOL SHABINSKY ENDOWMENT FUND

Mazel Tov to:

Laya and Sol Shabinsky on the birth of their great-grandson, Isaac by Marilyn and Will Newman.

STELLA AND LOUIS SLACK MEMORIAL FUND

Birthday Wishes to:

Noreen Slack by Bonnie and Paul Bowering.

THE STELCNER FAMILY FOUNDATION

Birthday Wishes to:

Sharon Weinstein by Peter and Pam Stelcner.

DORIS AND RICHARD STERN FAMILY FUND

Condolences to:

Janny Heitner on the loss of her dear aunt, Linda by Doris and Richard Stern.

Gena Stern on the loss of her dear uncle by Doris and Richard Stern.

In Memory of:

Arthur Clairman by Doris and Richard Stern.

IRVING AND DIANE WEXLER FAMILY FUND

Birthday Wishes to:

Diane Wexler by Reesa, Bernie, Perry, Stacey, Jamie and Marlee Yunger; by Dorothy and Bernie Tonchin; and by Kenny and Liz

Rashbaum.

ZIPES KARANOFSKY FAMILY ENDOWMENT FUND

Birthday Wishes to:

Howard Krebs by Rick and Helen Zipes.

In Memory of:

Douglas Lorne McNaughton by Rick and Helen Zipes.

Mazel Tov to:

Cantor and Muriel Benlolo on the marriage of their son, Jonathan to Lea by Rick and Helen Zipes.

R'fuah Sh'leimah to:

Natalie Stern by Rick and Helen Zipes.

THE WOMEN'S COLLECTIVE PHILANTHROPY PROGRAM

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

WOMEN'S COLLECTIVE ENDOWMENT FUND

Birthday Wishes to:

Sharon Weinstein by Rhoda and Joe Levitan.

Condolences to:

Zave Chad and Janet Dollin on the loss of their dear sister-in-law, Lori by Lynne Oreck-Wener and Bob Wener and family.

THE SAUL AND EDNA GOLDFARB B'NAI MITZVAH PROGRAM

LIEFF FAMILY B'NAI MITZVAH FUND

Mazel Tov to:

Dorothy Hymes on the birth of her great-grandchildren by Francie Greenspoon and Norman Lieff.

Barbara and Steve Levinson on the birth of their grandchildren by Francie Greenspoon and Norman Lieff.

Contributions may be made online at www.OJCF.ca or by contacting the office at 613-798-4696 extension 274, Monday to Friday or by email at tributecards@ojcf.ca. Attractive cards are sent to convey the appropriate sentiments. All donations are acknowledged with a charitable

**Donating made easy
at www.OJCF.ca**

**Donations can be made
for all occasions
and life-cycle events.**

**Use our online donation form
to send one or multiple tribute cards
to your friends and loved ones
in one secure transaction.**

**Charitable receipts are issued
and sent directly
to your email account.**

Try it TODAY!

**To advertise
in the
Ottawa Jewish Bulletin,
contact:**

**Jody Roodman |
613-798-4696, ext. 256
jroodman@ottawajewishbulletin.com**

WHAT'S GOING ON | February 8 to 21, 2016

FOR MORE CALENDAR LISTINGS, VISIT WWW.OTTAWAJEWISHBULLETIN.COM/EVENTS AND WWW.JEWISHOTTAWA.COM/COMMUNITY-CALENDAR

WEDNESDAY, FEBRUARY 10

Info Session JWRP Israel Trip for Women: The Federation partners with the Jewish Women's Renaissance Project (JWRP) offering a trip experience that informs through living and learning Jewish values. Geared towards women with children under 18, living at home, 7 pm. Trip: November 13 to 23, 2016. Co-hosted by CIJA.

Info: Sarah Beutel, 613-798-4696, ext. 253, sbeutel@jewishottawa.com

The Jewish Course of Why: Judaism is known for its rational basis, as a place where questions are freely asked and ideas are freely debated. The course topics span a diverse range, from fun, light and off-the-beaten-track questions, to more complex and controversial issues. Weekly until March 16.

Ottawa Torah Centre, 111 Lamplighters Dr., 7 pm.

Info: Rabbi Menachem Blum, 613-843-7770, info@theotc.org

Art and Soul...Live Creatively:

Explore Judaism's insights into the arts and how they beautify and transform our lives, 7:30 pm.

Also Thursday, February 11, 9 am.

Info: Devora Caytak, 613-729-7712, dev18@sympatico.ca

FRIDAY, FEBRUARY 12

Shabbat Potluck Dinner: Join the Glebe Minyan to celebrate Shabbat. Second Friday until August 12.

The Glebe Minyan, 64 Powell Ave., 6 pm.

Info: Anna Maranta, 613-867-5505, glebeminyan@gmail.com

WEDNESDAY, FEBRUARY 17

JNF presents "From Farmers to Entrepreneurs:"

Transforming desert into fertile ground with Hanni Arnon, founder, Arava International Centre for Agriculture Training. Hillel Ottawa, 284 Laurier Ave. E., 11:30 am.

and, with Agudath Israel, "Teaching The World to Feed Itself:" Changing the future with know-how, water and technology.

Congregation Agudath Israel, 1400 Coldrey Ave., 7:30 pm.

Info: Ilana Albert-Novick, 613-798-2411, ottawa@jnf.ca

FRIDAY, FEBRUARY 19

Kabbalat Shabbat Dinner with Special Guest Speaker, Yishai Barth: In celebration of Jewish Disability Awareness & Inclusion month (JDAIM), Agudath Israel, Beth Shalom and Machzikei Hadas welcome Yishai Barth and his father, Rabbi Samuel Barth, during Shabbat Tetsavveh.

Agudath Israel Congregation, 1400 Coldrey Ave., 5:30 pm.

Info: Miriam Lerson, 613-728-3501, clergy.support@agudathisrael.net

SATURDAY, FEBRUARY 20

Shacharit: "Disability and the Power of Language:" JDAIM continues with Yishai Barth and Rabbi Samuel Barth. Shacharit, Tamir Neshama Choir. Topic: "Disability and the Power of Language." Also Se'udat Shlisheet (4:55 pm): "The Issue of Prayer with Rabbi Samuel Barth."

Agudath Israel Congregation, 1400 Coldrey Ave., 8:45 am.

Info: Miriam Lerson, 613-728-3501, clergy.support@agudathisrael.net

SUNDAY, FEBRUARY 21

JDAIM continues: Techniques for Effective Inclusion: Agudath Israel and Machzikei Hadas invite you to hear a presentation by Yishai Barth, entitled "Techniques for Effective Inclusion." Shacharit services will be followed by a light breakfast.

Agudath Israel Congregation, 1400 Coldrey Ave., 8:30 am.

Info: Miriam Lerson, 613-728-3501, clergy.support@agudathisrael.net

JET Spa Day: Join JET for a relaxing day of spa treatments, a healthy lunch and talk by feature guest Adrienne Gold. Every

participant must purchase at least one spa service, with lunch. York Street Spa, 11 York St., 12 to 2 pm.

Info: JET Ottawa, 613-695-4800, info@jetottawa.com

JET Meaningful Date Night: Nosh, drinks, desserts, coffee and a meaningful talk with guest lecturer Adrienne Gold, 7:30 pm.

Info: Erica Geller, 613-695-4800, erica.gellerr@gmail.com

COMING SOON

THURSDAY, FEBRUARY 25

Soloway JCC Annual General Meeting & Awards Night:

The Soloway Jewish Community Centre Annual General Meeting and Awards night recognizes volunteer leaders in our community, 7 pm.

Info: Maxine Miska, 613-798-9818, ext. 263,

mmiska@jccottawa.com

SUNDAY, FEBRUARY 28

PJ Library School Age Book Club Adventure: Join the SJCC for a PJ Library book with a mitzvot, Tikun Olam or Pirkei Avot lesson plus crafts and activities related to the story. 10:30 am to 12 pm.

Info: Gail Lieff, 613-798-9818, ext. 303, glieff@jccottawa.com

CANDLE LIGHTING BEFORE

FEBRUARY 12	5:05 PM	FEBRUARY 26	5:25 PM
FEBRUARY 19	5:15 PM	MARCH 4	5:34 PM

BULLETIN DEADLINES

WEDNESDAY, FEBRUARY 17	FOR MARCH 7
WEDNESDAY, MARCH 2	FOR MARCH 21

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

CONDOLENCES

Condolences are extended to the families of:

Laya Abramowitz

Rela Koppel, Israel
(sister of Sam Lewinshtein)

Abraham (Abie) Shapransky,
Montreal (father of
Steven Shapransky)

Norman Swedko

Chaim Tzur

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.



DISTRICT REALTY

50 Bayswater Avenue • Ottawa, Ontario K1Y 2E9

Tel: 613-759-8383 • Fax: 613-759-8448 • Email: district@districtrealty.com

Ottawa's choice
FOR COMMERCIAL
REAL ESTATE,
PROPERTY MANAGEMENT
AND OTTAWA APARTMENTS

Choice locations
throughout the city.

www.districtrealty.com

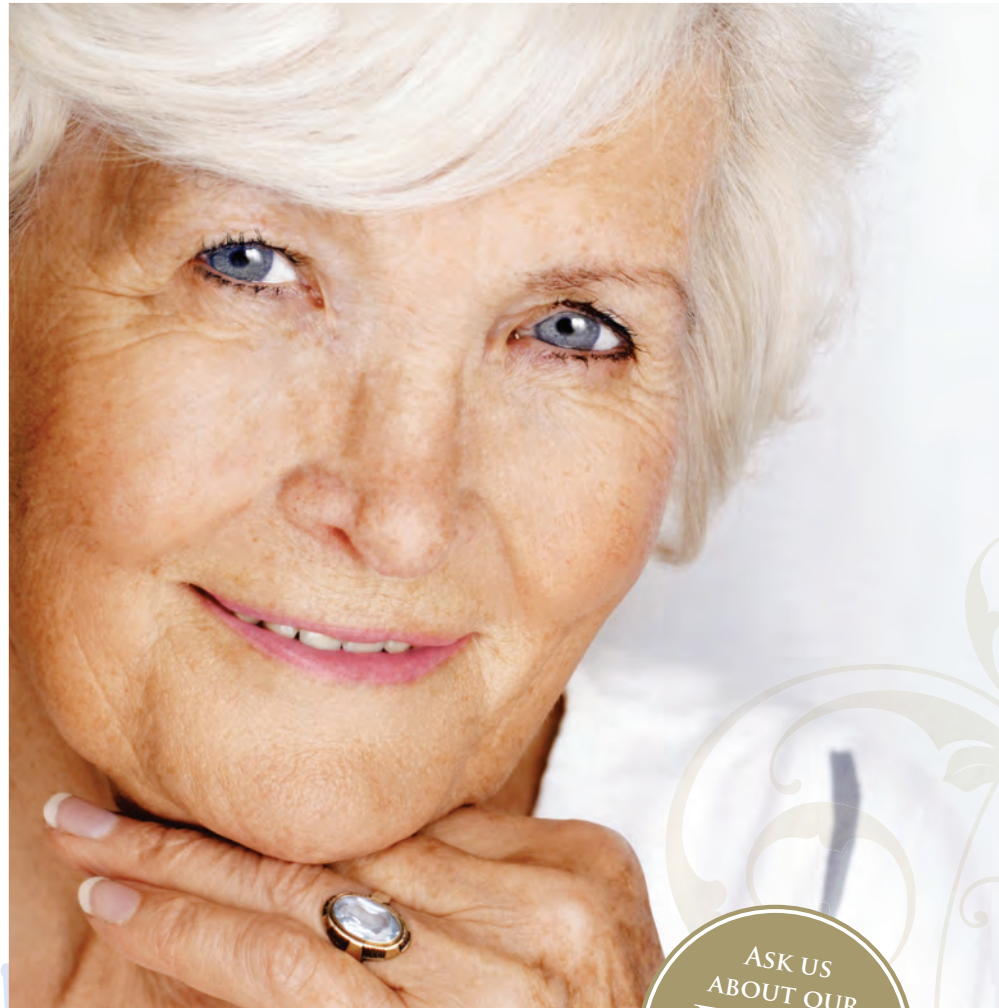
DUKE OF DEVONSHIRE

ON CARLING AVENUE
STEPS FROM THE CIVIC HOSPITAL

CALL US TODAY
FOR YOUR
EXCLUSIVE TOUR

(613) 721-8809

DUKEOFDEVONSHIRE.COM



LORD LANSDOWNE

OVERLOOKING LANSDOWNE PARK
AND THE GLEBE ON BANK STREET

CALL US TODAY
FOR YOUR
EXCLUSIVE TOUR

(613) 230-9900

LORDLANSDOWNE.COM



ASK US
ABOUT OUR
FREE
TRANSITION
SERVICES

THE *Winter* ESCAPE

Don't spend another winter alone in your home. Now's the perfect time to choose the surprisingly affordable all-inclusive lifestyle awaiting you at the Duke of Devonshire and Lord Lansdowne... two of Ottawa's most exceptional retirement residences for discerning seniors who've earned the right to be pampered and live retirement life to the fullest.

Our residences offer exquisitely appointed private suites and grand common areas. Our highly trained and attentive professional staff are at your service around the clock to provide focused attention on your personal needs. We serve only the finest cuisine. Our on-site spa, fitness, recreation and entertainment facilities are the envy of the City.

Get ready for the Royal Treatment.



A DYMON COMPANY—OTTAWA OWNED... OTTAWA PROUD.



DROP BY AND SEE THE ELEGANT LIFESTYLE THAT AWAITS YOU