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APRIL 18, 2016 | 10 NISSAN 5776

ESTABLISHED 1937

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Residents await the start of the very first Passover seder, held April 16, 1965, at the recently opened Hillel Lodge, then at 125 Wurtemberg Street, in this photo from the Ottawa Jewish Archives.

The Ottawa Jewish Archives wants to see your family's holiday snapshots. Do you have family photographs showing holiday gatherings that you are willing to share? If so, please contact Archivist Saara Mortensen at archives@jewishottawa.com or 613-798-4696, ext. 260.

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Rabbi Eytan Kenter to be senior rabbi at Kehillat Beth Israel

BY MICHAEL REGENSTREIF
EDITOR

Kehillat Beth Israel, the new Conservative congregation to be formed this summer by the amalgamation of Congregation Beth Shalom and Agudath Israel Congregation, has announced that Rabbi Eytan Kenter will become the congregation's senior rabbi.

Rabbi Kenter, a graduate of Columbia University and the Jewish Theological Seminary, and the Davidson School of Jewish Education, grew up in Westchester, New York, and will move to Ottawa from Atlanta, Georgia, where he has been associate rabbi and chief learning officer of Congregation B'nai Torah, a Conservative, egalitarian congregation, for the past seven years.

"It is our profound pleasure to announce that Rabbi Eytan Kenter will

be joining Kehillat Beth Israel as our Senior Rabbi as of the first week of July," wrote Kehillat Beth Israel Co-Presidents Lorne Goldstein and Stuart McCarthy in an email to congregants on March 31.

"The decision to hire Rabbi Kenter was the result of countless hours of screening and interviewing of many candidates by our Rabbi Search Committee, a very high level of satisfaction expressed in a survey by congregants who attended the various activities during his recent visit with us and the approval of our three Boards of Directors – Agudath Israel, Beth Shalom and KBI."

Rabbi Kenter and his wife, Staci Zemlak-Kenter, have a son, Boaz.

Rabbi Kenter will head a team of clergy that will also include Cantor Daniel Benlolo, currently of Congregation Beth Shalom, and Rabbi



CHANA BLUMES PHOTOGRAPHY

Rabbi Eytan Kenter, seen with wife, Staci Zemlak-Kenter, and son Boaz, will become senior rabbi at Kehillat Beth Israel in July.

Deborah Zuker, currently ritual, education and outreach director at Agudath Israel Congregation.

An interview with Rabbi Kenter will appear in a future issue of the Ottawa Jewish Bulletin.

Ottawa's Israel Connect working with Israel's Education Ministry to expand program

BY LOUISE RACHLIS

A once-a-week conversation in English between a student in Israel and a volunteer overseas is changing lives for the students, and the volunteers, who are mainly retirees.

Started four years ago in Ottawa by Sarah Gordon and her husband, Rabbi Sender Gordon, Israel Connect began with 10 pairings of students and volunteers.

"Now, we have 120 volunteers in Ottawa and 327 worldwide," said Sarah Gordon.

"It is a very meaningful program, and I am proud to be part of it," said Ottawa volunteer Helen Zipes, who is partnered with Esther, a 12-year-old girl born in Israel to a family who had come from Ethiopia. Esther is the youngest of nine children.

Many of the students participating in

the Israel Connects program are from families of recent immigrants.

"It's a win-win as far as I'm concerned. It's good for the kids. We talk about current events, and I pick up my iPad and show her the snow," said Zipes.

"Every week, we're given a story to read," she said. "The student reads the story in English and we discuss mispronunciations and what she doesn't understand. You realize how complicated English is. She catches on right away; she's very bright."

"The stories are very interesting. The theme is 'heroes,' and I told Esther her parents are heroes because they left everything they knew and wanted their children to have a better life. Esther speaks Hebrew fluently, Amharic, and now, English. It obviously helps to speak to someone in everyday conversation."

Zipes was recently in California for six

weeks after her son and daughter-in-law had a baby. Yet, despite the time difference, she still kept her weekly meetings with Esther.

Israel Connect is now in seven cities in North America and in England as well, said Gordon. "And it started right here in Ottawa."

The Gordons have not yet met Israeli Education Minister Naftali Bennett, but "he has met with his staff about us, and he has been showcasing our program at various speaking events," she said.

"The minister of education in Israel wanted to know why schools in the neighbourhoods we were serving with Israel Connect – in Yavne, Rishon LeZion and Ramla – were performing better than comparable neighbourhoods, and the Ministry went to investigate," said Gordon.

See Israel Connect on page 22



Sarah Gordon (left) with Miriam Kluska of Israel's Education Ministry at a school in Israel where students speak with overseas volunteers via Skype for a weekly conversation in English.



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‘The seder provides a perfect moment for Jewish learning and engagement’

Inspired by a meeting with **Rabbi Lord Jonathan Sacks**, Jewish Federation of Ottawa President and CEO **Andrea Freedman** reflects on the roles of ritual and learning in Jewish life.

Recently, I had the privilege, along with a small delegation of Ottawans, to meet with Rabbi Lord Jonathan Sacks in Toronto and discuss our Jewish community.

For those not familiar with Rabbi Sacks’ work and teachings, he is the former Orthodox chief rabbi of the United Kingdom and is, perhaps, the most influential Jewish thinker and teacher of the 21st century.

This is not hyperbole – if I were given a choice of two tickets to Game 7 of the Stanley Cup final or an opportunity to talk about Jewish life with Rabbi Sacks, I would choose Rabbi Sacks each and every time (even if the Habs were playing for the Cup).

Rabbi Sacks has a unique ability to make Jewish learning relevant and accessible. Faced with the reality that we may not all aspire to be Torah scholars, he makes Jewish learning meaningful and purposeful. For example, rather than preach about the imperative of Shabbat observance, he points out that, without periodic recharging, our iPhones become useless – and human beings are the same. Point taken.

He emphasized the importance of ritual by citing Beethoven’s highly prescribed need for coffee containing exactly 60 coffee beans and how Immanuel Kant went for a walk at precisely the same time each and every day. In other words, Rabbi Sacks drew a direct and easy to understand parallel between success and adherence to ritual. With a multi-billion dollar industry dedicated to teaching people how to be successful (think of Stephen Covey’s



Federation President and CEO
Andrea Freedman.

“The 7 Habits of Highly Successful People” – oh, wait, a few years later, he added an eighth, “newly” discovered habit), how fortunate it is that Judaism provides us with all the necessary, required rituals.

According to Rabbi Sacks, “Religious ritual is a way of structuring time so that we, not employers, the market or the media, are in control. Life needs its pauses, its chapter breaks, if the soul is to have space to breathe.” And, who amongst us doesn’t clamour for more control over our lives and an opportunity to decompress from life’s daily rigours?

During our meeting, Rabbi Sacks emphasized the need to seize moments



Rabbi Lord Jonathan Sacks

of opportunity for Jewish learning and explained that short-term engagement, if done properly, can translate into long-term engagement. He specifically cited Limmud (grassroots, daylong marketplace of Jewish learning) and the Shabbat Project (worldwide celebration and observance of Shabbat in the fall) as two such moments of opportunity.

Happily, our Jewish community in Ottawa participates in both Limmud and the Shabbat Project each year.

As I sat down to write this article, I began comparing my notes from our meeting with Rabbi Sacks with some of the writing he has done over the years about Passover. A few years ago, he wrote: “Freedom begins with what we teach our children ... Nowhere is this more evident than on Passover, when the entire ritual of handing down our story to the next generation is set in motion by the questions asked by a child.”

According to the 2013 Pew study on American Jews, 70 per cent of American Jews participate in a seder. Given general trends and previous studies, in all likelihood, that number is higher in Canada. Therefore, the seder provides a perfect moment for Jewish learning and

engagement. The Haggadah, with its central theme of slavery and redemption, is a most relevant and compelling story. It is a powerful story of transformation and one in which we all play an active role by telling and retelling the story.

I encourage you to use the ritual of the Passover seder to further personalize the experience. I remember, when I was a teenager, reflecting on the plight of Soviet Jews at our seder table. In more recent years, we have become more “kid friendly” and have plague masks for the kids to wear at the appropriate moment. For some, inspired by Susannah Heschel, the daughter of Rabbi Abraham Joshua Heschel, an orange is added to the seder plate to represent all who were not explicitly present in the Passover story (e.g. women). As the very definition of seder means order, let’s use our freedom as a Jewish people to add more Jewish rituals into our lives. The results will surely be meaningful.

Last year, in a piece that was inserted into the Ottawa Jewish Bulletin, Rabbi Sacks made the point that “Judaism is hard work because freedom is hard work.” If we put in the effort, we will see results.

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Chag Pesach Sameach
Happy Passover

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Ottawa group launches initiative to honour those who combat anti-Semitism

BY LOUISE RACHLIS

Reverend Majed El Shafie, the Egyptian-born founder and president of One Free World International, an international human rights organization based in Toronto that advocates for religious minorities, was the first recipient of the Raoul Wallenberg Citation for Moral Courage in the Face of Anti-Semitism. He received the award at a Parliament Hill reception on March 21.

“Reverend El Shafie was sentenced to death and was tortured in Egypt, because he changed his religion from Islam to Christianity,” said Holocaust survivor Vera Gara, one of the founders of the Ottawa-based Wallenberg Citation Initiative, which created the award. “He is a fabulous man.”

“Reverend Majed El Shafie has courageously opposed both anti-Semitism and the persecution of all other spiritual and cultural minorities,” added former



Raoul Wallenberg Citation for Moral Courage in the Face of Anti-Semitism recipient Reverend Majed El Shafie (second from left) with Wallenberg Citation Initiative committee members (from left) Rabbi Reuven Bulka, Rabbi Barry Schlesinger, Anna-Lee Chiprout, Reverend Oscar Boloko, Vera Gara, David Kilgour and Daniel Stringer at the award ceremony on Parliament Hill, March 21.



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MP David Kilgour, a human rights activist, who gave the keynote address at the presentation.

“It was very humbling to be associated with a great man and the legacy of Raoul Wallenberg,” said El Shafie in accepting the award. “It’s about more than fighting for Jewish people, it’s about fighting for all minorities, respecting the dignity of each human being, and being a voice for the voiceless.”

The Wallenberg Citation Initiative was co-founded by Daniel Stringer and Vera and George Gara working with a committee that includes Rabbi Barry Schlesinger, Anna-Lee Chiprout, Reverend Oscar Boloko, Richard Jackman, and honorary co-chairs David Kilgour and Rabbi Reuven Bulka.

“I’ve been looking for Vera and George for 10 years,” said Stringer, who has long wanted to create a ceremony at the United Nations to honour someone for speaking out against anti-Semitism. He envisaged a nomination process and a medal.

“Daniel is not Jewish, but it was his idea from the start,” said Vera, author of “Least Expected Heroes of the Holocaust – A Personal Memoir.”

Stringer, who has worked in social services, has a doctorate in international relations from the University of Paris.

“I met Mother Teresa,” he said, “and then got involved working with the homeless and then politicians.”

Three years ago, Stringer organized the International Holocaust Remembrance Day ceremony at Ottawa City Hall.

“It went very well,” he said. “From there I identified several individuals in the Jewish community, invited them for a kosher dinner at our place, and pitched the idea of their helping me.”

Rabbi Schlesinger suggested naming the award for Raoul Wallenberg, the Swedish diplomat who saved thousands of Hungarian Jews from the Holocaust. On January 17, 1945 Wallenberg was detained by Soviet authorities and never heard from again.

See Citation on page 22

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Community to celebrate Yom Ha'Atzmaut at SJCC

BY PAMELA ROSENBERG
SOLOWAY JEWISH COMMUNITY CENTRE

Yom Ha'Atzmaut festivities will once again take over the Soloway Jewish Community Centre (SJCC) for a community-wide celebration in honour of the 68th anniversary of the founding of the modern State of Israel.

The party, which takes place Thursday, May 12, from 5 to 9 pm, features activities for the kids, a performance by singer Nicole Raviv, healthy and delicious Israeli food by the SJCC's own Babi's Restaurant.

The chair for this year's Yom Ha'Atzmaut celebration is Shari Silber.

"Yom Ha'Atzmaut is such a wonderful event because we all join together from across the Ottawa community to celebrate Israel's birthday," said Silber. "This event is particularly significant and meaningful because it not only commemorates the creation of the State of Israel, but celebrates its continued growth and prosperity."

The SJCC gym will be a hub of activity for children with a DJ, circus shows, inflatables, face painting, crafts and interactive shows. Ottawa teen Ben Dodek, the only player on the Israeli National Baseball Team in the European Championships not living in Israel, will be on hand to speak to the kids about his sport.

Upstairs in the social hall, New York-based singer-songwriter Nicole

Raviv will perform contemporary Israeli music, accompanied by DJ Jack Even Haim (aka DJ Lahit Barosh). There will be plenty of room to dance or sit back and enjoy the music.

"For Ottawa Jews, celebrating Yom Ha'Atzmaut has been a way to express solidarity with the State of Israel and to strengthen their alliance," said Vered Israel Program Manager Ella Dagan. "For Jews around the world, joining with Israelis celebrating Yom Ha'Atzmaut has become a concrete link in the Jewish connection to the land of Israel."

Earlier in the day, at 11 am, there will be a Yom Ha'Atzmaut flag-raising ceremony in honour of Israel's 68th birthday at Marion Dewar Square in front of Ottawa City Hall, 110 Laurier Avenue W. The community is invited to join Jewish community leaders and dignitaries for the flag-raising, and there will be a bus to City Hall from the SJCC (and back). To reserve a seat on the bus, contact Ella Dagan at edagan@jccottawa.com or 613-798-9818, ext. 243.

YOM HAZIKARON

The community will also gather at the SJCC on Tuesday, May 10, 7 pm to commemorate Yom Hazikaron, Israel's Memorial Day for fallen soldiers and victims of terror.

Although we commemorate all



Dancers celebrate Yom Ha'Atzmaut 2015 at the Soloway Jewish Community Centre. The 2016 Yom Ha'Atzmaut celebration takes place Thursday, May 12, from 5 to 9 pm.

soldiers and victims of terror who fell in the struggle for Israel's independence and continued existence, this past year was a particularly difficult one. As terror attacks against Jews and Israelis have escalated and claimed many lives, victims of terror will be a particular focus for this year's ceremony.

It is a long-standing tradition of the SJCC Yom Hazikaron ceremony that local community members who have lost a close family member share a story and light a memorial candle. We invite all

who have a personal connection to a fallen soldier or victim of terror to participate in this year's ceremony by sharing their story, lighting a memorial candle, or sharing a written piece or song related to their loved one (Hebrew or English is welcome).

If you are interested in participating in our Yom Hazikaron ceremony, or have lost a family member you would like to honour, please contact Ella Dagan at edagan@jccottawa.com or 613-798-9818, ext. 243.

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FEDERATION REPORT

LINDA KERZNER
CHAIR



I recently participated as one of 20 Canadians in a three-day special plenary of the World Jewish Congress in Argentina. And it happened completely by chance – or was it by design?

This was my fifth trip to Argentina. My mother-in-law is a Holocaust survivor whose uncle left Europe for Argentina before the Second World War. He eventually brought his wife and five children

By chance or by design

there. Five generations later, there are more than 50 family members in the country. Today, Argentina boasts the fourth largest Jewish population in the world and the largest in South America.

Before the trip, I had a chance meeting with Tamara Fathi, a former Federation Board member. Tamara is now Ottawa's representative for the Centre for Israel and Jewish Affairs (CIJA) Young Leadership Israel Advocacy program. Tamara was selected as one of 10 young leaders to attend the plenary in Buenos Aires. Once I realized the event was being held during my planned visit, I knew I couldn't ignore this wonderful coincidence. With CIJA's help, I participated as an observer and joined Tamara and Federations' CIJA representative Jonathan Freedman.

CIJA is the Canadian arm of the World Jewish Congress (WJC), which was founded in 1936 in Geneva, and is the representative body of Jewish commun-

ities in more than 100 countries. WJC works with foreign governments and international agencies to safeguard Jewish security; combat anti-Semitism; support Israel; advocate on issues of human rights; and promote and enhance interfaith relations. They are like our Jewish "foreign ministry." And who better to serve as their president than Ronald Lauder? Lauder is chair emeritus of the Estée Lauder group of companies and the former U.S. ambassador to Austria. You may also know him as the art collector who ultimately bought the famous "Woman in Gold" painting by Gustav Klimt that had been stolen by the Nazis.

During the plenary, there were 240 delegates from 67 countries divided into groups. It was incredible to see and hear Jewish people from all over the globe addressing topics such as the boycott, divestment and sanctions movement, international terrorism and much more.

Among the highlights was the dinner honouring newly elected Argentine President Mauricio Macri. Macri addressed the consequences of tragic Buenos Aires bombings of the Israeli Embassy in 1992, a blast that killed 29, and the 1994 car bombing of the AMIA Jewish centre, which killed 85 and stands as the worst terrorist attack in Argentina's history. He reiterated his commitment to re-establish ties with Israel, shown by his recent meeting with Prime Minister Benjamin Netanyahu.

Another highlight was the tribute to Jewish prosecutor Alberto Nisman, who was found dead under mysterious circumstances in his Buenos Aires home. Nisman was the chief prosecutor of the AMIA bombing. I urge you to watch a short video telling his story, "One Year Without Alberto Nisman," at <http://tinyurl.com/gvhwkgl>.

I feel my trip and the plenary were designed to work together for me to be able to share my experiences with our community. I am left with a strong sense of optimism for our global Jewish future. There is a beautiful solidarity among Jewish communities worldwide. As we all get set to celebrate Pesach, the festival of our freedom, I know more than ever that the work the Federation does to help Jews in Ottawa and around the globe is part of this design.

Chag Pesach Sameach!

FROM THE PULPIT

RABBI IDAN SCHER
MACHZIKEI HADAS



Imagine you are a leader at the most momentous time in a new nation's history; a nation about to be set free after hundreds of years of oppression and slavery. You are about to take them to freedom, the fulfilment of their hopes and dreams for many generations. At this critical moment, the nation is assembled and wants to hear your words before they embark on this journey of freedom and independence. What would you tell them?

Would you speak of the significance of being a free and independent people? Would you warn of the challenges that lie ahead? Or, perhaps, would you talk about the final goal, the ultimate purpose of their nationhood? All of these would be appropriate topics to speak about at this momentous juncture in a people's history.

Rabbi Lord Jonathan Sacks likes to ask his audiences this question at this time of year because it was at this time of year, at Passover, that Moses found himself in this very position. He had assembled the

Moses taught us there is nothing more important than education

Jewish people to tell them of their imminent freedom and he had their focused attention.

At this most significant time in our people's history we would have expected Moses to give a rousing and inspiring speech along the lines of one of the themes mentioned above. But, oddly enough, in his big speech he didn't talk about any of these lofty ideas. Rather, he spoke of something far different.

This is what he said:

"And when your children ask you, What does this ceremony mean to you?

And you shall answer them ..."
(Exodus 12:26-27).

"On that day tell your son, I do this because of what the Lord did for me when I came out of Egypt" (13:8). "In days to come, when your son asks you, What does this mean? You shall say to him, With a strong hand God took us from Egypt" (13:14).

Moses had the entire nation assembled on the verge of becoming free, and he used that platform to speak about children asking questions and parents giving answers. He spoke of education.

Of course, children and education are very important to us Jews, but is that the most appropriate topic for a speech at the most profound point in our collective history?

Moses was sharing a very profound

idea, something that, in our day and age, might be part of popular thinking, but was revolutionary in his time.

Moses was telling the Jewish people that, at that moment of transformation into nationhood, we must realize there is nothing more important than education to ensure our vibrancy and our longevity.

And not just any education. Moses was specific with the model of education he desired: a model in which children ask questions and parents give answers; a model in which children are empowered to ask, to challenge and to argue. A model that recognizes children must be respected, if they are to respect the values we are trying to transmit.

A culture of respect that breeds open dialogue is the ideal type of education. That is the secret to the vibrancy of a nation.

Moses was telling this to the Jewish people at a time when other nations of the world said it was power and military might that was the key to survival and vibrancy.

Moses has since been proven correct, and his words still speak to us today through the passage of time. Continuing to strive for excellence in education, both for our children and for ourselves as adults, is the only way to ensure our Jewish connection and vitality for many years into the future.

OTTAWA JEWISH BULLETIN

VOLUME 80 | ISSUE 13

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.
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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.

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\$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.

Canada

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



I've lost count of how many breaking news stories about terrorist attacks in Israel and the West Bank that I've posted on the Ottawa Jewish Bulletin website – www.ottawajewishbulletin.com – in the past six or seven months. But there have been many – with more added almost every week. Most of the attacks have been relatively small with often single terrorists launching firebombs, vehicular attacks or stabbings.

Between mid-September and late-March, 34 Israelis were killed in the attacks and more than 400 injured. But for the readiness of Israel's police officers and soldiers – and their often heroic actions – the lists of dead and injured would be much longer.

A killing that sent shockwaves through Israel

Many of the terrorists committing those recent acts – mostly Palestinians from the West Bank, but also some Israeli Arabs – have been killed during the commission of their crimes or while fleeing, and few would argue about the need for lethal force in most cases where it has been used in these recent circumstances.

In Ottawa, we vividly remember the terrorist attack at the National War Memorial and Parliament Hill by a single individual on October 22, 2014. We remember our horror at the senseless death of a single innocent person – Corporal Nathan Cirillo on ceremonial sentry duty at the War Memorial – and we fully understood why Kevin Vickers, then the sergeant-at-arms of the House of Commons, and other security personnel used lethal force to stop the lone wolf terrorist.

We recall how affected our city was by that single incident. For Israelis, though, terrorist attacks, sadly, have become routine. One of the breaking news articles I posted to the Bulletin website on April 8 – about an hour before I started writing this column – was a report

that Israel and Israeli-controlled areas of the West Bank had recorded a 26 per cent drop in the number of terrorist attacks in the month of March in comparison to February.

There were only 123 terrorist incidents in March – the least number for any month since July 2015. Imagine, 123 incidents, an average of almost four terrorist attacks per day in the quietest month for terrorism in three-quarters of a year.

Lethal force, though, is not always necessary – even in the circumstances of a terrorist attack. Indeed, many terrorists have been captured by Israeli security forces and brought to justice. And that is how it should be.

And that is what should have happened in Hebron on March 24. Two Palestinian terrorists stabbed an Israeli soldier and were shot as they attempted to flee. One of the attackers was killed instantly, while the other was wounded. The wounded terrorist was lying prone on the ground and should have been taken into custody to face justice.

However, video captured an Israeli soldier shooting the terrorist as he lay

wounded on the pavement. The incident sent shockwaves through Israel.

Lt. Gen Gadi Eisenkot, chief of staff of the Israel Defense Forces (IDF), ordered an immediate investigation.

"This is not the IDF, these are not the values of the IDF and these are not the values of the Jewish people," said Eisenkot.

"What happened today in Hebron does not represent the values of the IDF," said Israeli Prime Minister Benjamin Netanyahu. "The IDF expects its soldiers to behave level-headedly and in accordance with the rules of engagement."

Israeli Defense Minister Moshe Ya'alon described the incident as an "utter breach of IDF values and of our code of ethics in combat."

The soldier – whose name has not been released – now faces a manslaughter charge. Reports have said he feared the terrorist was carrying explosives (although he had already been checked for explosives by an IDF officer on the scene before the shooting).

However, there are some Israeli leaders – including Education Minister Naftali Bennett – who feel the soldier should not have been charged.

Israeli leaders often proudly point to the IDF as operating under the highest moral standards – and it must. And that means holding soldiers to account when they act outside their code of ethics.

IDEAS AND IMPRESSIONS

JASON MOSCOVITZ



A doctor's inspiring battle back from devastating illness

Most people normally fight off minor infections with the production of appropriate antibodies. In only one of 100,000 people, these same antibodies, for some unknown reason, attack the individual's peripheral nervous system. The brain and spinal cord are spared.

Initially, Mendell required a ventilator to survive. Most people who die from GBS die a respiratory death. Once survival was assured, Mendell began the long road back to recovery.

When you are paralyzed with GBS, nerves can and usually regenerate, but it can take up to two years for the process to be complete. Nerves regenerate, by about one inch a month, but there is no way of predicting how complete the recovery will be.

Mendell began the process flat on his back. He was lifted out of bed with a ceiling mounted sling. He was fed. Although he never lost his voice, he required "sip and puff" technology – a straw electronically connected to a telephone and call button that enabled him to communicate with others. Luckily, he was always able to swallow his food. When his wife Ruth visited with their golden doodle Rosie, he was comforted by

his dog licking his face with vigour.

GBS was particularly cruel for Mendell, as he had always lived an active physical life.

He could often be seen with Rosie in the Nepean Bruce Pit dog park. He was a golfer, skier, hiker, world traveller, photographer, and a dedicated grandfather not afraid to get on the floor and partake in childhood games.

Lying paralyzed in a hospital bed, his mind always remained sharp and totally focused on getting better. He continues to work harder in physiotherapy than anyone could imagine. And there was also other work to be done.

Mendell remembers moments of great despair. The clock in his room at the rehabilitation centre ticked loudly, making him aware of every passing second. His daughter Andrea mercifully exchanged the clock for a silent one. He despondently recalled the feeling of being totally dependent on others. He dreamed of once again walking Rosie in the dog park.

He worked regularly with a psychologist in order to cope with his situation and he says he learned so much. Describing himself as a person who frequently

thought the glass half empty, instead of half full, he realized he would require a new approach to life's difficult challenges. He was taught that ruminating over situations where one does not control the outcome can only lead to anxiety.

To date, there has been substantial physical improvement. After six months in hospital, he can now feed himself, shave, brush his teeth, and use an iPad. He has begun to walk with the aid of parallel bars.

Realizing his fight is not over, he is about to begin a new phase at home. His house has been equipped with a ramp and stair-lifts enabling Ruth to welcome him home for Passover.

Mendell is now committed to living his life in a "mindful" manner. He believes everyone would greatly benefit by "living and enjoying every moment."

When visiting a shopping mall, Mendell believes people should realize how much time and effort it takes for someone in a wheelchair just to get to the mall. He encourages people, instead of ignoring those in a wheelchair, to make an effort to acknowledge and talk with them.

Making his way back to the professional, sporting and adventurous life he knew is what Mendell has never stopped striving for.

His remarkable tenacity has inspired everyone who has come into contact with him. He is grateful for all the love and support he has received.

Lawrence Mendell is a member of our community who now knows more than ever what a good life is all about. He is slowly recovering from what he describes as the feeling of "being buried in concrete from the neck down."

Last October 1, Mendell, a radiologist at the Ottawa Hospital, noticed that his arms and legs weren't behaving as they should. The next day, he was hospitalized with Guillain-Barré syndrome. GBS, as it is known, usually begins in the legs and works its way up to the neck region. Every peripheral nerve could be involved, including the cranial nerves. In Mendell's case, he was completely paralyzed within 48 hours. He could not even move a single finger.

Jeff Greenberg

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EGGS AND PASSOVER

What do eggs and Passover have in common?

Eggs have symbolically represented the circle of life and the continuation of traditions.

Ever wondered why eggs come together in a carton and what that represents?

The carton that holds all the eggs together is "community."

You may wonder how all the eggs in the carton can be the same and different at the same time?

Well, let's pretend that some of these eggs can be hard boiled or soft boiled – we will call these the Orthodox or even the Modern Orthodox.

Some of the others can be made sunny side up or turned over representing Conservative ones that

recognize the rights and responsibilities of choosing on which side they wish to be.

Others may choose to be scrambled with cheese to make an omelet – we will call these Reform.

The important part is that they all came from the same carton called community and could all get along together well. The only one who should be judging them should be the "chef."

So, remember this Passover to be welcoming and forget denominations because they create barriers.

In the carton known as community there is room for all.

Chag Sameach.

David Kardish

Passover Feature

I celebrate Passover because my parents and grandparents couldn't

BY OLGA CHERNOV-GITIN
KVELLER VIA JTA

My son is four-and-a-half, a delightful age when he is still full of sometimes grammatically incorrect sentences that provide a glimpse into the magical and unique way children see the world. In everything, my husband and I look for teaching moments. Our policy is to tell the truth, even if we need to simplify it a little bit.

Like most first-generation North Americans, he hears the words "when I was little" from us a lot. It's followed by a comparison of how different his American childhood is from our Soviet childhoods: everything from toys and food, to freedom of religion and celebrating diversity.

Once we went to our local Chabad for a model matzo baking. At the end, the kids received real shmurah matzo, and the rabbi even mentioned to us that it comes from Dnepropetrovsk, in Ukraine. (When I was little, there were no matzo bakeries in Dnepropetrovsk.) That morning, as I was getting my tortilla out of the fridge, I mentioned to Will that once Passover starts, I won't be eating any tortillas and we giggled about the difficulty of spreading peanut butter and jelly on matzo without breaking it.

Somewhat thoughtfully, Will remarked, "You'll probably be really sick of matzo by the end of Pesach!"



Olga Chernov-Gitin

Aaaaaand, you can't have pancakes!"

Even though I was already risking being late for work, I decided that the moment was right to share my thoughts on Passover with my son since he had brought it up.

"You know what? You're right, by the end, I do miss real bread," I said. "But you know what else? I'm really happy when I eat matzo. It reminds me that I'm free to eat it and free to celebrate Pesach. Did you know that, when I was little, we weren't allowed to?"

Aha! I saw the spark of interest in his eyes; my cue to continue.

"When I was little, and even when Grandma Yana was little, we weren't allowed to celebrate Pesach and eat

matzo," I said. "In the Soviet Union, the government didn't want Jews to celebrate their holidays. We couldn't go to the library and learn to make matzo. And Jews couldn't even speak Yiddish in public. Can you imagine what it would be like if you were only allowed to speak Russian at home and never, ever outside?"

Confused surprise flashed across my son's face.

"Is that why everyone only remembers some words in Yiddish, but not all?" he asked. "And is that why you want me to speak Russian? So I don't forget it like they forgot Yiddish?"

Bingo! A connection had been made. It was imperfect, **See Celebrate on page 24**



(councillor)
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JNF Ottawa is delighted to honour Barbara Farber at our annual Negev Dinner. A prominent and active leader, Barbara Farber is president of Leikin Group, a commercial real estate developer and manager. She is a former national president of United Israel Appeal Federations Canada and was the first female president of Agudath Israel Congregation, the founding chair of the Queensway Carleton Hospital Foundation and the founding chair of the Algonquin College Foundation Board.

Barbara has been a governor on the Algonquin College Board, a member of the Board of Directors of the Ottawa Airport Authority and currently sits on the University of Ottawa's Heart Institute's Foundation Board as well as the Ottawa Community Foundation Board. She is also proud of her affiliation with the Wabano Centre for Aboriginal Health Care.

Barbara has received many honours, including the 2010 Business Woman of the Year Award by Consumers' Choice Awards and both the Queen Elizabeth II Gold Medal (2002) and the Queen Elizabeth II Diamond Jubilee Medal (2012).

As a business leader, she has demonstrated her success through hard work and commitment to her community. Barbara is also well-known in the community for her incredible volunteer spirit. She has always believed in the power of giving back to her community by supporting local organizations in any way she could. Barbara has shown that true success is achieved through hard work and dedication to the community she calls home.

We look forward to working together to raise funds for Barbara's legacy project in Israel.

Celebrating Bar and Bat Mitzvahs

On behalf of JNF Ottawa, we extend a big mazel tov to everyone in the 2017 Ottawa Jewish Community School graduating class who have or will be inscribed in JNF's Sefer Bar and Bat Mitzvah in Jerusalem.

And mazel tov to **Amos Langsner**, who was inscribed by grandparents Helen and Sol Rauch.

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 parents of soldiers lost in Gaza, the war never ended

BY BEN SALES

KFAR SABA, Israel (JTA) – One family lost their son in late July 2014. The other lost theirs on the first of August in the same year.

One family has lobbied the United Nations and crossed an ocean in hopes of bringing their son's remains back. The other mostly stays home.

One family is sure their son is dead. The other is plagued by uncertainty.

But one thing unites the Goldin and Shaul families: Of the 67 sets of Israeli parents who lost sons in the Gaza War two years ago, only theirs have not returned.

Now, Leah Goldin and Zehava Shaul look burned out and constantly on the verge of tears as the two mothers separately talk through their ordeals. By their sides, their husbands, Simcha Goldin and Herzl Shaul, look dejected.

"They say we're not normal," said Leah Goldin. "We have to talk about the first of August. It's like returning to the scene of the crime. We can't leave the place of our mourning."

Oron Shaul, then 20, was engaged with his unit in a brutal battle over the Gaza City neighbourhood of Shejaiya on July 20, 2014. He had left his armoured personnel carrier to repair a broken part when Hamas militants began firing on the vehicle, taking him prisoner. Five days later, the Israel Defense Forces confirmed that he had died based on evidence at the scene. The battle claimed 12 other Israeli soldiers.

Herzl Shaul accepts the army's conclusion about his son. But, because his body wasn't recovered, Zehava Shaul believes he is still alive. She says Oron is being held captive by Hamas like Gilad Schalit, the soldier captured in a 2006 raid and returned in a hotly debated 2011 prisoner swap that saw 1,000 Palestinian prisoners go free.

"As a mother, I feel he's alive," she said. "How can you determine death when he's in the hands of Hamas? In any case, I want Oron. The government and the defence minister sent him to this operation. They need to bring him back."

About two weeks after Shaul's capture, Hadar Goldin was taken during the collapse of a cease-fire. In response, the IDF employed the controversial Hannibal Directive, which calls for the army to use any means necessary to ensure a soldier isn't taken prisoner. Some 150 Palestinians and three Israelis died in the ensuing fight.

The IDF was able to recover enough of Hadar's body to declare him dead. The family held a funeral, and since then has engaged in an unending quest to return the rest of their son's remains.

Though both parents work, the Goldins' campaign takes up all their energy. They have travelled from their home in this central Israeli city to the United States three times in their so-far failed attempt to meet with UN Secretary-General Ban Ki-moon and lobby for the return of Hadar's body. They hope for a deal to increase humanitarian assistance to Gaza in return for the bodies of their son and Oron Shaul. They confer on the campaign regularly with the Shaul family.

"We have no time to be sad," said Leah Goldin. "We have no time to get angry. We must act. We need energy to speak, to influence."

Back home, the Goldins and their friends are doing everything they can to keep their son's memory alive. They held an exhibit of his artwork on the war's first anniversary at the Ein Hod artists' village in northern Israel. Twice a year, his classmates organize a day of hiking and study in his memory.

Following Oron's capture, the IDF offered a headstone for him in a section of a military cemetery reserved for missing soldiers. The Shauls wanted no part of it. Oron has been memorialized at no shortage of events – from official military functions to a marathon to a home match of his favourite soccer team, Beitar Jerusalem. An hour after speaking to JTA at their home, the Shauls would be visited by former education minister Shai Piron.

But, while the Shauls appreciate the thought behind these gestures, they are exhausted by them. Zehava Shaul doesn't want to see her son memorialized; she

See Soldiers on page 12

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Passover Feature

Shmurah matzo for Passover: The real reason it's so expensive

BY URIEL HEILMAN

NEW YORK (JTA) – It costs more per pound than filet mignon. It might be burnt or taste like cardboard. It's so delicate it often breaks in the box, rendering it unfit for Passover ritual use.

Yet, every year, Jews from Brooklyn to Bnei Brak line up to fork over their hard-earned money to buy boxes and boxes of the stuff.

This isn't your regular box of Streit's matzo. We're talking, of course, about handmade shmurah matzo: the artisanal, disc-shaped matzos considered extra special because the ingredients are "guarded" against leavening, or chametz, not just from the time the wheat is ground into flour, but from before the wheat is even harvested. "Shmurah" is Hebrew for guarded.

The extra level of scrutiny – and the labour-intensive process required to make handcrafted matzo – is largely what accounts for its high price: anywhere from \$20 to \$60 US for a single pound.

"The amount of hours of labour going into this between me and my staff is incomparable," said Yisroel Bass, who runs Yiddish Farm in Goshen, New York, which produces organically grown shmurah matzo (\$34 US per pound for regular shmurah, \$37 US for spelt).

"Renting out a bakery costs a lot of money – the space and the staff. Equipment breaks every year. Every farm has its expenses, and organic farms end up having more overhead. We can't buy the synthetic fertilizer; we have



Every shmurah matzo is inspected for quality and adherence to kosher standards before it is boxed

URIEL HEILMAN

manure," Bass told JTA. "And God forbid I have a bad year and the rabbi comes and says the wheat is no good; I just spent a whole lot of time and money on a product nobody wants. The cost has to reflect that."

Despite its price – and, some say, its taste – there's a thriving market for handmade shmurah matzo (there's also machine-made shmurah, which is cheaper and usually square, but more strictly scrutinized than regular matzo).

Many observant Jews won't use anything other than handmade shmurah matzo on their seder table. Some won't eat non-shmurah anytime during Passover. The same Jews who light expensive olive oil menorahs on Chanukah rather than wax candles or buy premium etrogs for Sukkot will lay out extra cash before Passover to buy handmade shmurah matzo. (The practice of going above and beyond is known as "hiddur mitzvah," beautifying the commandment.)

"For the consumer, it is an opportunity to purchase the only sacred food that we have today in our faith," said Rabbi Shmuel Herzfeld of Ohev Shalom synagogue in Washington, D.C. "It is a bargain. Buy less brisket and more shmurah matzo."

Mitchell Weitzman, a lawyer from Baltimore, said shmurah matzah has sentimental value.

"There is just a sense of authenticity about having shmurah matzo on the table," Weitzman said. "It's a feeling

more than anything else – certainly more than serving up Passover-style Fruit Loops the next morning."

Others say they like the taste and eat it year round, stocking up right after Passover when the price drops dramatically owing to reduced demand.

"I keep a box of shmurah matzo in the trunk of my car," said Tali Aronsky, a public relations doyenne who lives in Israel. "Keeps crispy in all weather and great in a pinch."

Religious Jews consider shmurah matzo baked after midday on the day before Passover – known as "matzot mitzvah" – as especially meritorious to eat, and the matzo is priced accordingly. At the Satmar Bakery in the Williamsburg section of Brooklyn, a pound of the Passover eve-baked stuff retails for \$60 US. The line of customers at the Rutledge Street store usually snakes around the block.

The Satmar Bakery employs a number of stringencies rare even in the world of shmurah matzo. It harvests its wheat in Arizona, where the dry climate helps guard against accidental leavening (moisture precipitates leavening).

Matzo farmers in the U.S. Northeast typically harvest their wheat crop in May or June – around Shavuot (also called Chag Habikurim, which means Festival of the First Fruits). The wheat is plucked after the kernels start to harden but before they sprout new shoots. Kosher supervisors monitor the grain even as it's growing to make sure the wheat isn't sprouting.

From the time it is picked until being milled months later, the wheat must be guarded and stored in a climate-controlled environment. Too moist, it could become chametz. Too dry, it will fail to bake properly. At Yiddish Farm in upstate New York, Bass says he uses fans and computer monitoring to bring the moisture level down to the desired 11 to 12 per cent level.

After the wheat is milled into flour – also under close supervision – the baking process may begin.

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to yours,
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Ottawa Jewish Archives collections now searchable

BY SAARA MORTENSEN
OTTAWA JEWISH ARCHIVES

The Ottawa Jewish Archives joins a growing list of Jewish archives across the country whose collections are searchable online through the Canadian Jewish Heritage Network – www.cjhn.ca – a website that links and provides access to the collections and resources of major organizations involved in Canadian Jewish archival preservation.

Established in 1969, the Ottawa Jewish Archives strives to maintain the collective memory of the Jewish Community of Ottawa by acquiring, preserving and making accessible its holdings, which document the history, growth and development of the Jewish community within Ottawa and the National Capital Region.

With an archival collection that tells the story of community life in Ottawa from the 1890s to the current day, the Archives contains a wide range of records relating to individuals and families, community organizations and events, congregations, and businesses.

This is the first time that the complete holdings of the Ottawa Jewish Archives have been accessible online in the Archives' 47-year history.

This is a major achievement for the Archives. Through modernization of access to our collections and advancement of our digital agenda, we can make the remote accessible and the hard to see visible. This project enables the Archives to more effectively meet user expectations, encourage discovery of our collections and better deliver archives services.

Partnership with CJHN was a natural choice for the Ottawa Jewish Archives as the collections showcased via the network are inter-related on many levels. Together, they constitute an unparalleled resource for the study of



Screenshot of the Canadian Jewish Heritage Network website at www.cjhn.ca.

Canadian Jewish social, cultural, civic and community history and, in a co-ordinated manner, this partnership furthers the goals of both institutions to increase access to collections in order to open previously underutilized avenues for knowledge and research.

Beginning with two Montreal partners, the Alex Dworkin Canadian Jewish Archives (formerly the Canadian Jewish Congress Charities Committee National Archives) and the Jewish Public Library Archives, "this addition brings the archival holdings of a third Canadian province into the network; the Ottawa Jewish Archives being the first archive from Ontario to add information

about its collections to our shared database," explained Janice Rosen, Archives Director, Alex Dworkin Canadian Jewish Archives.

The Ottawa Jewish Archives was one of several recipients of the Library and Archives Canada Documentary Heritage Communities Program grant, funded by the federal government, which provides grants to select organizations to ensure that Canada's continuing memory is documented and accessible to current and future generations.

For more information, contact Saara Mortensen at 613-798-4696, ext. 260 or archives@jewishottawa.com.



At the seder table...

we recline to celebrate our freedom;
while many others live without comfort.

we taste bitter herbs to recall the past;
while many others experience daily hardship.

We wish the entire community
Chag Pesach Sameach as we strive to help
all those in need in Ottawa, Israel and
around the Jewish world.



From the boards and staff of the
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Leah and Simcha Goldin have embarked on a tireless campaign to retrieve the body of their son, Hadar, from Gaza. He was captured and killed in a clash at the southern end of the strip on Aug. 1, 2014.

Soldiers: Goldin and Shaul families find no comfort in Netanyahu's sympathy

Continued from page 9

wants him back. Besides, she doesn't think he's dead.

"What can I tell you? None of that helps me," Zehava Shaul said. "The opposite; it makes it worse for me. Sometimes you want quiet, to be with yourself, and they don't let you. Some minister is supposed to come over. Nothing helps."

Before last year, says Zehava Shaul, it "didn't occur to us" to join the Goldins' overseas trips. Zehava Shaul travelled to London last summer to meet with representatives from the International Committee of the Red Cross, to no avail. They planned to join the most recent trip, in February, but Herzl Shaul was diagnosed with intestinal cancer.

Neither Shaul works now. They spend their days on the couches in the living room of their home in Poriya Ilit, a small town near the Sea of Galilee, surrounded by pictures of their son in and out of uniform, tortured by what might have happened to him. Oron's bed is covered with signs, pictures and gifts sent to the family after his death. Otherwise it remains untouched, his shirts and jeans still sitting in neat stacks in his closet.

"It's the hardest thing," said Zehava Shaul. "There's nothing harder than uncertainty. Every day, the hole in

my heart gets bigger. Every day, I say when I get up in the morning, 'What have I done to bring back Oron?' There's no one to talk to."

Both families have met with Prime Minister Benjamin Netanyahu. But, nearly two years after the war, neither expects much of him or finds comfort in his sympathy. They understand that, after the Schalit deal, which saw some of the Palestinian prisoners return to terror, the Israeli public has little appetite for another exchange.

As much as they're campaigning to get their sons back, the Goldins and Shauls are fighting for something more basic: They just want Israelis to pay attention to their plight.

"When we start talking about bringing back Hadar, they say, 'Oy, oy, oy, how much will it cost? The trauma of Gilad Schalit was terrible for us,'" said Leah Goldin.

"So what?" she asked. "You don't do anything?"

Editor's note: Hadar Goldin was the brother-in-law of Ottawa Jewish Bulletin columnist Jason Moscovitz's daughter Emmanuel. Read Jason's moving "Ideas and Impressions" columns about Hadar and the Goldin family in our August 25, 2014 and March 30, 2015 editions – available in the library section of www.ottawajewishbulletin.com.

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Jeff Pleet, Sales Manager

Florence Melton courses geared to adult Jewish learners

BY PAMELA ROSENBERG
SOLOWAY JEWISH COMMUNITY CENTRE

Twenty-five adults with a thirst for Jewish knowledge are delving back into their studies this spring as the Florence Melton School of Adult Jewish Learning at the Soloway Jewish Community Centre (SJCC) began its second session.

The Melton School is a text-based, interactive study program with a series of lessons that take place over two years. The school is a project of the Hebrew University of Jerusalem offered in many communities around the world, and Rabbi Steven Garten, the Melton School director in Ottawa, was instrumental in bringing the program back to our community.

"There was no adult learning experience, outside of a yeshiva, that offered serious Jewish study to a pluralistic community," said Rabbi Garten. "Using traditional biblical and rabbinic texts supplemented by modern Jewish writings, Melton learners investigate the most important topics in Jewish life. In addition, the graduate courses intensify the learning by focusing on serious topics and calling upon the learner to delve deeply into a topic."

This past fall, the Ottawa students began the Melton program with Year 1 courses – Rhythms of Jewish Living, taught by Rabbi Garten, and Purposes of Jewish Living, taught by Professor Gefen Bar-On Santor.

"Rhythms" ask questions about ideas, beliefs and practices of living a Jewish life and examines deeper meanings behind holidays, lifecycle observances and practice, while "Purposes" explores sources, both ancient and modern, for answers to major issues of Jewish thought and theology.

"I have so enjoyed this Jewish learning environment,"



Some of the Florence Melton School of Adult Jewish Learning students at the Soloway Jewish Community Centre prepare for the start of class.

said participant Cynthia Powell. "The atmosphere in the classes is conducive to discussing many aspects of Jewish life. My classmates and I have delved into how Jewish thinkers answer many questions and issues that we, as Jews, grapple with on a continuing basis."

Following a winter hiatus, the students have hit the books again to finish the courses before beginning Year 2 courses – Ethics of Jewish Living and Crossroads of Jewish History – in the fall. When all four courses are complete, participants graduate with a certificate from the Hebrew University of Jerusalem.

Rabbi Garten is hopeful Melton School graduates will reflect on the learning, consider how it impacts

on their Jewish lives, and use what they learned to provide informed leadership to our community organizations.

"I hope they consider themselves literate Jews and recognize that Jewish learning is not relegated to children. I hope they see themselves as partaking in one of the oldest continuous traditions of the Jewish people: Talmud Torah."

The Florence Melton School Year 1 courses will be offered at the SJCC again in the fall.

For more information, contact SJCC Adult Programs Manager Roslyn Brozovsky Wollock at 613-798-9818, ext. 254 or rwollock@jccottawa.com.

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Hundreds of students gather in Ottawa for Chabad Shabbaton

BY LAZER COHEN
FOR CHABAD STUDENT NETWORK

It's exciting to see students from across the country come together to observe Shabbat,' said Prime Minister Justin Trudeau. "An event like this helps us reflect on how very fortunate we are to live in a country where people from every faith and culture, speaking every language, can live, build, work and thrive together ... Shabbat Shalom!"

Trudeau was speaking to nearly 300 students from universities and colleges in Ontario and Quebec gathered in Ottawa, March 18 to 20, for a Shabbaton organized by the Rohr Chabad Student Network of Ottawa and Chabad on Campus International.

The prime minister's words rang true for University of Ottawa student Cody Miller, who said he enjoyed "the chance to spend Shabbat with Jewish students from all over Canada."

Rabbi Moshe Goldman, co-director of the Rohr Chabad Centre for Jewish Life in Waterloo, Ontario, who was one of the Shabbaton organizers, noted that "stu-

dents got a chance to experience Shabbat while meeting students from around the country for a weekend that proved to be inspirational, educational and, just as important for them, lots of fun."

Students were fully immersed in a traditional Shabbat experience and had the opportunity to hear from such speakers as Shopify COO Harley Finkelstein and Rabbi Shlomo Chein, director of the Chabad Student Center in Santa Cruz, California. This past November, Rabbi Chein delivered the keynote address to 5,000 rabbis and lay leaders at the annual International Conference of Chabad-Lubavitch Emissaries.

The weekend concluded with a musical, candle-lit Havdalah service on Parliament Hill, followed by a "Street Fair Extraordinaire" social event.

"It was an honour that Prime Minister Justin Trudeau endorsed the important work we are doing at Chabad on Campus," said Rabbi Yossy Gordon, executive vice-president of Chabad on Campus International. "Regional Shabbatons are extremely meaningful for



University of Ottawa student Cassidy Powell, president of the Chabad Student Network of Ottawa holds a candle at the Havdalah ceremony on Parliament Hill, March 19, during the Chabad Shabbaton for students from Ontario and Quebec.

all participants, students and rabbis alike, allowing Jewish students the chance to bond over a shared love of Judaism and to spend some time discussing ways to be more active in their communities."

Participating students came from Brock University, Concordia University, University of Ottawa, Carleton University, Algonquin College, University of Guelph, Queen's University, McGill University, l'Université de Montréal, Wilfrid Laurier University, University of Waterloo, Western University, University of Windsor and York University.

"Our students were extremely excited for the weekend," said Rabbi Chaim Boyarsky, director of the Rohr Chabad Student Network of Ottawa.

"The event celebrated Judaism and Jewish unity, inspiring the students to feel proud of their Jewish identity. Students from around the country realized that they are each a part of something so much bigger than themselves. And it was especially meaningful that this event occurred during the Hakhel year, a once-every-seven-years' celebration of Jewish unity."



TOP: PRIME MINISTER JUSTIN TRUDEAU AT THE 2015 NATIONAL HOLOCAUST REMEMBRANCE DAY CEREMONY.

BOTTOM: STUDENTS WHO TOOK PART IN THE CANADIAN SOCIETY FOR YAD VASHEM "AMBASSADORS OF CHANGE" PROGRAM STAND IN SOLIDARITY WITH HOLOCAUST SURVIVORS

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PURIM IN OTTAWA |

More photos pages 17 and 26 and at www.ottawajewishbulletin.com



Westboro Jewish Montessori Preschool: ((From left) Parents Alex and Kate Wilner join their children Miriam and Noa Tili to celebrate at the Westboro Jewish Montessori Preschool's Purim Breakfast.



Temple Israel: Temple Israel's Not-Quite-Ready-for-Purim Players in "Purim Wars," a Purim spiel spoof on "Star Wars," written by Arianne M. Matte. (From left) Hyman Cooper, Patsy Royer, Rosie Cooper and Jim Merson.



Sephardi Association of Ottawa: Rabbi Yair Mordechai Tanger holds the very small Megillah from Morocco which he read at the Sephardi Association of Ottawa's Purim casino night, held at Shikun Oz, March 24.



Chabad Student Network: (From left) Vivian Grinfeld, Shir Shimoni, and Sarah Belk at the Rohr Chabad Student Network's hockey-themed Purim event, "NHL Nu Have a L'Chaim," March 23, at Café Nostalgica on the University of Ottawa campus. (Alex Sarna)



Federation staff: The Queen of Hearts, Superman, several hippies, a cowgirl and Carmen Miranda were among the Jewish Federation of Ottawa staff members celebrating Purim, March 24.



Torah Academy of Ottawa: The senior kindergarten class of Torah Academy of Ottawa is seen clowning around on Purim.

Passover Feature

In Nepal, the world's largest seder goes on, despite slow earthquake recovery

BY CNAAN LIPSHIZ

(JTA) – When the ground started to shake beneath Rabbi Chezki Lifshitz's feet, he was praying near a doorway at the Chabad House of Kathmandu, where he lives with his wife, Chani, and their six children.

Rabbi Lifshitz, 42, an energetic red-head who was born in Israel, has served as the Chabad-Lubavitch movement's first permanent envoy to Nepal since 2000, when he and Chani opened the Chabad House in the earthquake-prone nation's capital. Since then he has lived in expectation of tremors.

But nothing could have prepared him for the 30 seconds of violent shaking on April 25 last year, which was so powerful it shifted the whole of Kathmandu 10 feet southward. The city was devastated and some 9,000 people throughout the small, mountainous country were killed.

In the days following the quake, Rabbi Lifshitz conducted dozens of airborne rescue operations while his wife, staff and volunteers followed a contingency plan

they had spent years preparing. The plan included building a cache of supplies (food and purified water, medical supplies, gasoline for the power generators) and setting up a network of emergency service providers, such as helicopter pilots and chauffeurs, who could be counted on in times of crisis.

Last year, the Chabad House was transformed into an island of safety for hundreds of Israelis who were in the country, along with dozens of locals and tourists from around the world – Jews and non-Jews.

Now, in a country that even before the quake was ranked as Asia's second poorest, the Lifshitzes are preparing to kick off a massive annual production that is among the highlights of their mission in Nepal: a feast believed to be the world's largest seder, which attracts some 1,500 Israeli and Jewish backpackers each year.

The event in Kathmandu comprises three, sometimes four, simultaneous seders – two in Hebrew, the rest in



The main hall of the Passover seder of Chabad of Kathmandu at the Nepalese capital's Radisson Hotel, April 6, 2012.

English. Some years, as is the plan for this Passover, the venue is the 8,000-square-foot Chabad House compound – a heavily guarded fortress in the city's touristic Thamel district. In other years, the feast is hosted at a hotel, often the Radisson, whose kitchen is especially koshered for the event.

Two weeks ahead of the seder, Thamel's guesthouses fill up with many hundreds of Israelis, mostly 20-something backpackers who have recently finished their army service. They're drawn to Nepal in the spring, as it's one of the best seasons for trekking in the Himalayas.

At the seder, they are joined by a diverse mélange of Israelis and Jews, including middle-aged hikers on unusual honeymoons and homesick drifters from India and Thailand – some on spiritual journeys, others on a different kind of trip. Sporting dreadlocks, bindis and Teva sandals, they descend on Thamel's shops to buy the traditional Kathmandu seder uniform: white cotton shirts and loose-fit-

ting salwar pants, though nothing stays white for long in the city's thick smog, said Keren Singer, an Israeli participant in the 2012 seder.

An interior designer in her 30s, Singer and her architect husband, Daniel, were in Nepal on a trip around the world that year. Both non-observant Jews, they had planned an intimate seder with four other friends – Singer said she was looking forward to cooking and to “get away from the Israeli crowd” they had met in tourist destinations across Nepal and India.

But they went for the Chabad option “out of a desire to have a proper seder and because we didn't have time to organize our own,” she said. Before the event, Singer joined dozens of other Israelis who volunteer each year to help prepare the event.

“Being away from home for so long brought us closer to anything reminiscent of it,” she recalled.

See Nepal on page 20



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

Karen McCrimmon

Member of Parliament for Kanata-Carleton

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PURIM IN OTTAWA |

More photos on pages 15 and 26 and at www.ottawajewishbulletin.com



Hamantaschen baking: Young families prepared for Purim with a fun Hamantaschen-baking program hosted by Agudath Israel Congregation and Congregation Beth Shalom, March 13.



Or Haneshamah: Machaneh Shabbat program educator Eliyanah Delicate and her family were among the performers at Or Haneshamah's Purim party, a multi-generational affair highlighted by a raucous and slightly unorthodox retelling of the Megillat Esther.



Agudath Israel and Beth Shalom: Youth celebrate Purim at the Megillah reading hosted by Agudath Israel Congregation and Congregation Beth Shalom, March 23.



Community Purim carnival: Kids shave balloons at the Community Purim Carnival, March 20, at the Soloway Jewish Community Centre. The carnival was jointly sponsored by the SJCC, PJ Library and Ottawa's synagogues.



Ottawa Torah Centre: More than 200 people dressed in cowboy regalia listen as Rabbi Menachem Blum reads the Megillah at the Ottawa Torah Centre's Wild West Purim, March 24.

Passover Kid Lit

Passover books for one kid – or many

BY PENNY SCHWARTZ
JTA

Afikoman hunts, a rambunctious pup and the catchy classic “Dayenu.” All are featured in a half-dozen new Passover books for children that will inform and entertain even the littlest kid – or a whole herd of ‘em.

Why not pick up a new tome for the tyke in your life? Prices are about two zuzim and up.



Passover is Coming

By Tracy Newman
Illustrated by Viviana Garofoli
Kar-Ben
Ages 1-4

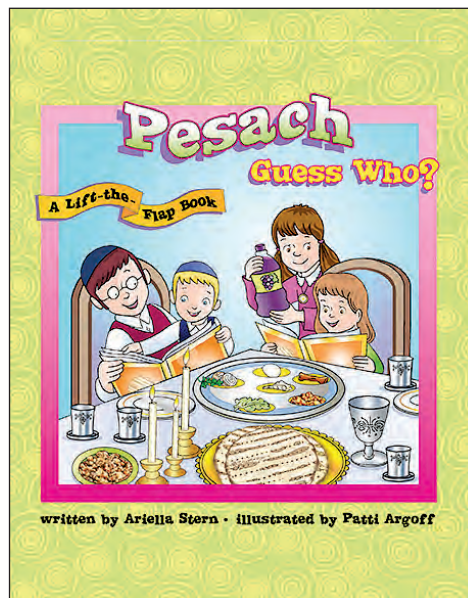
This colourful board book is the latest addition to a lively series that introduces young kids to the Jewish holidays. Here, the green buds of spring are the first hint that Passover is coming.

Readers follow a family as it prepares for the holiday, from spring cleaning and using home-grown parsley for the seder plate, to learning the Four Questions and anticipating the hunt for the afikoman.

The joyful refrain – “Passover is coming!” – repeats at the end of each verse and is sure to build excitement as the date approaches.

Pesach Guess Who?

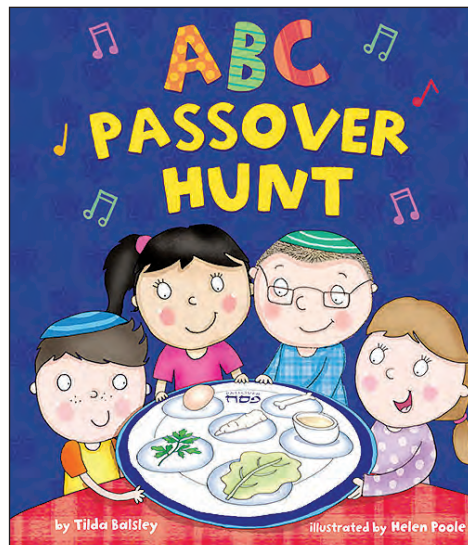
By Ariella Stern
Illustrated by Patti Argoff
Hachai
Ages 3-5



Hachai continues to create lively, interactive books appealing to haredi Orthodox families. Young kids will enjoy the rhyming clues to “Who am I” questions – “I’m a food that’s baked in a hurry, but I still taste great, don’t worry!” – in this lift-the-flap book about Passover.

The whole mishpacha – mom, dad and the five kids – all lend a hand to sweep and clean the house.

They watch as workers bake handmade matzo and make startled faces as they bite into the bitter herbs. The end page poses a series of holiday observance questions (the answer key is colour- and number-coded) and there’s a glossary, too.



ABC Passover Hunt

By Tilda Balsley
Illustrated by Helen Poole
Kar-Ben
Ages 3-8

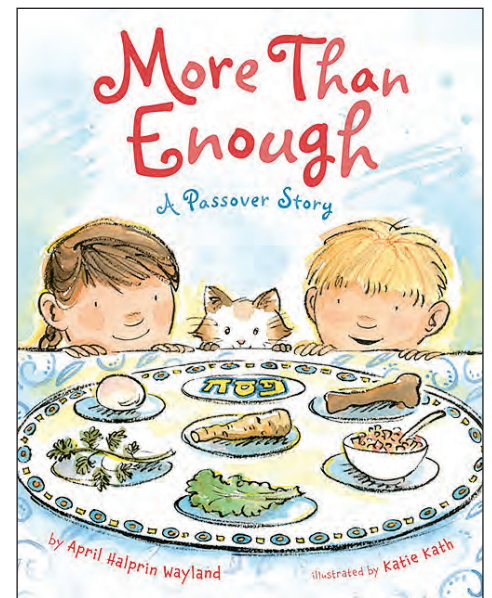
A lively alphabet hunt is on in this large format, brightly illustrated book that introduces young kids to Passover themes, customs and foods.

The clever clues, from A to Z, are thought-provoking and range from easier spot-the-answer picture puzzles to more challenging questions (“At last the Jews had found their home, how many long years did they roam?”) that will keep kids engaged and entertained.

Balsley keeps things interesting with a variety of activities, including puzzles, mazes, riddles and maps. There’s an illustrated answer key at the end, along with a brief explanation of the holiday.

More Than Enough: A Passover Story

By April Halprin Wayland
Illustrated by Katie Kath



Penguin Random House
Ages 3-5

This lively book is a riff on the Passover favourite “Dayenu,” a song that echoes

See Kid Lit on page 19



OJCS ADK registration event: Rachel Anber (left) and Talia Brown, with Ottawa Jewish Community School (OJCS) teacher Ann-Lynn Rapoport, show off the Purim crowns and masks they created at the OJCS Sign and Dine ADK registration event, March 16. Rachel and Talia will be among the new group of kindergarten students attending OJCS this coming September. For more info about OJCS and how to register your child for the 2016-2017 school year, contact Jeremy Miller at g.miller@theojcs.ca.



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for a
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**Michael, Melanie,
Jacob and Laya
Polowin**

Kid Lit: Fun books help children learn about Passover

Continued from page 18

with the theme of gratitude.

Readers follow a contemporary family as it readies to celebrate the holiday, including a trip to the farmer's market, where it doesn't take much to convince mom to adopt a kitten from a shelter.

They chop apples for charoset, dress up for grandmother's seder and hunt for the afikoman.

The word "dayenu" repeats throughout the story. The colourful, cartoon-like illustrations bring the story to life – many are full-page or double-spread. The happy ending includes a Passover sleeper.

The book concludes with an author's note, glossary and the music to "Dayenu."

Kayla and Kugel's Almost Perfect Passover

By Ann Koffsky
Apples & Honey Press
Ages 3-5

In this second "Kayla and Kugel" book, the fun starts right away as the young girl and her dog invite readers into their home for a seder.

When Kayla makes her own Haggadah, the rambunctious Kugel gets tangled in the ribbon and knocks over the glue. In simple, easy-to-follow verse, Kayla tells young readers some of the basics of a seder. She smiles at the sweet taste of charoset, but her braids stand on end and she scrunches her face at the bitter taste of maror, symbolizing slavery.

Kids will enjoy the mayhem when the mischievous Kugel sets the family off on an adventurous hunt for the afikoman. The end pages include a search-and-find



activity. The author's note from Koffsky poses open-ended, engaging questions to spark family conversations, such as "Why do you think many holidays have songs to go with them?"

A Place for Elijah

By Kelly Easton Ruben
Illustrated by Joanne Friar
Kar Ben
Ages 5-9

This endearing story – the first Jewish picture book from the acclaimed author of "The Outlandish Adventures of Liberty Aimes" – opens on the first night of Passover as a young girl named Sarah is anxiously setting the table, making sure to include a place for Elijah.

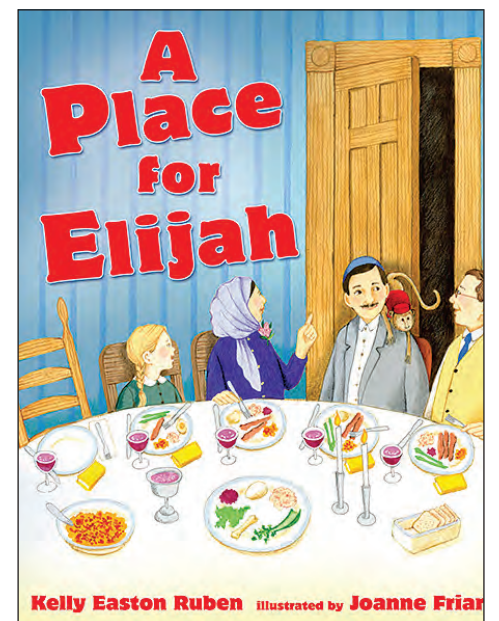
As the seder unfolds, a rainstorm and cold winds threaten Sarah's neighbourhood, and there's a power failure. The lights stay on in Sarah's home, however,

and, one by one, the neighbours appear at the family's door and Sarah sets another place. First it's Mrs. Faiz, the florist, then Bagel Ben and Doughnut Dan.

Kids will take notice when Music Man Miguel and his mischievous monkey Manny join the growing crowd. But, when the young boy who sells magazines arrives, Sarah is worried that there is no longer a seat for Elijah.

Kids will be surprised by the story's satisfying end. The large illustrations match the gentle tone of the story and capture the multicultural life of the neighbourhood.

Ruben told JTA she was inspired by the Haggadah passage "Let all who are hungry come and eat." She wanted to evoke the sense of tolerance and welcoming strangers – a prominent theme of the seder.



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Nepal: 'Seders for the fifth child: the one who's never home'

Continued from page 16

For the Lifshitzes, the Passover preparations are somewhat more demanding. Immediately after one seder, they start fundraising for the next, as each meal costs more than \$60,000. And while Chabad-Lubavitch World Headquarters provides much of the funding, the Lifshitzes still strive to collect as much as possible from private donors. It's a struggle in a country lacking the kind of local philanthropists that bankroll Chabad activities elsewhere in the world.

Four months before the big night, the Lifshitzes and their helpers kick off logistical efforts that include transporting into Nepal some 800 pounds of matzo, 2,000 bottles of kosher wine and thousands of cans of fish. They also organize a schechitah, a kosher slaughter, of hundreds of fowl and some beef.

The process is always challenging in a corrupt country with a bad transportation system, but this year has been extra difficult because of the post-earthquake chaos, Rabbi Lifshitz said.

Describing Nepal as "beautiful and uniquely spiritual," Rabbi Lifshitz also said that "misery here is enormous," with "whole villages wiped off the map."

While some roads are blocked because of the earthquake, others are targeted by thieves. The combination complicated and delayed the process of shipping this year's Passover necessities to Nepal from neighbouring India.

"We just had to begin earlier than usual," Rabbi



Rabbi Chezki Lifshitz (upper left in white shirt) poses with hikers at the Chabad House of Kathmandu.

COURTESY OF CHABAD NEPAL

Lifshitz said of the preparations.

In addition to readying for the event, the rabbi and his staff are helping rebuild a village that was destroyed during the earthquake.

Another hurdle is Nepal's gas shortage – the worst in recent history. The Lifshitzes had planned to offer a cold seder dinner – a major downgrade from previous years – because of the lack of fuel.

However, the couple acquired enough butane to ensure warm meals. Lifshitz declined to specify how he managed it beyond saying that Chabad "still has some friends."

With Nepal's already poor infrastructure in shambles, the tourist traffic to Nepal last fall – the other popular trekking season – was significantly lower than the previous year. So the Lifshitzes expect fewer guests at their seders this Passover.

But the event is on, as are the two other (and far smaller) seders being organized by the Lifshitzes in Nepal: in Pokhara, a city near the capital that is a point of departure for the famous Anapurna trail, and Manang, a trekkers' hub at an altitude of 11,545 feet. According to the Chabad-Lubavitch World Headquarters, it is the world's highest seder.

"Every seder in the world has four children," Rabbi Lifshitz said in reference to a passage in the Haggadah that explores four attitudes to Judaism. "In Nepal, we have seders for the fifth child: the one who's never home for seder."

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Passover Feature

How to make your own Passover Haggadah

BY JULIE WIENER
MYJEWISHLARNING VIA JTA

Making your own Haggadah is not just a money saver, but also a great way to educate yourself about the Passover seder, add a unique twist to the festive meal, and have a more meaningful and satisfying holiday.

For generations, enterprising seder leaders have been sticking Post-it notes in their favourite parts of existing Haggadahs, adding in photocopied readings, or even cutting and pasting from multiple Haggadahs and combining it all in a looseleaf binder.

The Internet makes the project of creating a personalized Haggadah infinitely easier – and tidier, even if your tech and graphic design skills are minimal. Plus, you can do it with a clean conscience: Whereas the old-fashioned technique of photocopying pages from copyrighted, published Haggadahs is technically illegal, the websites listed below provide only material that is in the public domain.

While a seemingly infinite trove of Passover-related blessings, readings, songs and images are available online, don't forget (if you are so inclined) that you can also incorporate your own (or your guests') writing, art and family photographs into the finished product.

Many do-it-yourself (DIY) Haggadahs are copied and stapled, but you can make yours more durable (and spilled-wine resistant) by laminating each page or putting them in a photo album, looseleaf binder with plastic sleeves or art portfolio.

Here are some resources for DIYers.

HAGGADOT.COM

Haggadot.com – www.haggadot.com – is the most comprehensive and user-friendly resource for Haggadah makers – and it's free. After registering, you can choose from a constantly growing library of readings and images. The site guides you through the process with templates and an outline of all the steps and sections of the seder. You can search by section, theme (i.e. social justice, history, family and education, different denominations or streams of Judaism) and media type (text, image). In addition to letting you search by themes (including family and kids), the site also provides templates with recommendations for family friendly and other specific needs and themes.

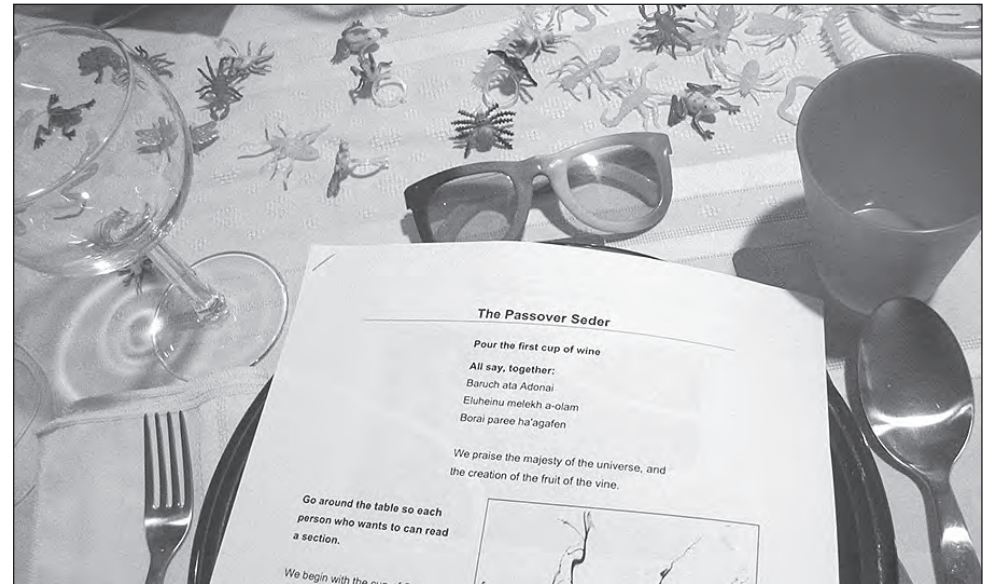
You can invite friends, or even all the seder guests, to log in and participate in the Haggadah-making. When you're done, you print it out as a PDF file and photocopy, or download to your guests' mobile devices.

DIPTWICE

DipTwice – www.diptwice.com – is not free, but it will print out a bound, official-looking book in hardcover or paperback, as opposed to something you need to staple and bind yourself. The site provides a template featuring standard Hebrew and English text (including translations and transliterations). You choose design and layout, and add your own images and other materials, or select from DipTwice's library.

PUNKTORAH

Visit <http://tinyurl.com/zrdhvyz> and



SUSAN SERMONETA/FLICKR

There are many ways to make your own Haggadah.

print out the free (suggested donation of \$10) downloadable PDF and have your children fill in the spaces and blanks with words and pictures. While this somewhat irreverent Haggadah was originally designed for use in Hebrew schools, it is self-explanatory and can be used anywhere. Highlights include "The story of Passover: in comic book form" with panels where kids can put their own illustrations; activities like puzzles and lyrics to original songs like "Take Me Out of Mitzrayim" (sung to the tune of "Take Me Out to the Ballgame") and "Passover Things" (to the tune of "My Favourite Things").

SEFARIA.ORG

Sefaria – www.sefaria.org – is a growing

online library with many major Jewish texts in Hebrew and English that offers everything from full Haggadahs to supplemental readings to sources and additional commentary. Not only can you print out these texts or cut and paste them into your Haggadah, but you can also embed them onto another website or digital document. Each selection is hyperlinked to the full text from which it was excerpted.

Looking for something a little simpler? You can download the Haggadah text in English as a Microsoft Word document at www.LivelySeders.com and add to it (or cut) as you see fit.

You also can download an array of Haggadah sections and readings for free from www.JewishFreeware.org.

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Wishing the community a Happy Passover

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Citation: International award to be presented at UN

Continued from page 4

The Wallenberg Citation Initiative plans to present both national and international awards. Now that the first national award has been presented to El Shafie, nominations are open for the first international award.

The committee plans to present the first international award in December at the United Nations to an individual or organization "who, in the face of anti-Semitism, has stood fast, in words and deeds in support of multi-religious

inclusion and appreciation; who, in living for the sake of others, have shared the values of Raoul Wallenberg by protecting the vulnerable from religious persecution and irrational fear mongering such as anti-Semitism, and who have taken personal risks to defend the religious rights of others, even those from a religion not their own."

The deadline for nominations is July 31 and they may be emailed to Stringer at TheString@rogers.com.

Israel Connect: Ottawa volunteers connect with Israeli students

Continued from page 2

"They tweeted about it and spoke about it. Inspector/supervisor Miriam Kluska [of Israel's Education Ministry] is now working to refer schools to Israel Connect who need more assistance. We're running a trial and seeing where that takes us. We will meet once again after the trial is finished, and see how we can work together with the ministry to move forward."

What's involved is a weekly Skype call to Israel in the morning (Ottawa time) between 8 and 10 am. The volunteer and student meet online for a half-hour to talk and learn together, providing a genuine English immersion experience

for the Israeli student.

"Our real success story is that the students love it," said Gordon. "It's the benefit of mentorship by someone outside their normal circle. The entry exam for university is one-third English, one-third Hebrew and one-third math and science. So it's the difference between have and have-not if they haven't been exposed to enough English."

"The kids love to come and they form a fantastic friendship with their volunteer."

Visit www.IsraelConnect.today to learn more about Israel Connect or to become a volunteer.

"We're always open for more volunteers," added Gordon.



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Jewish Family Services stands up for compassion and justice

An open letter entitled, “Rekindling the light of Jewish social justice” appeared in the February 4 issue of the Canadian Jewish News (CJN). For me, it was printed at a particularly propitious moment. In 2015, the civil war in Syria had led me to inquire as to what Canadian Jewish agencies might be doing to help refugees. The sponsorship of those frantically seeking asylum is especially dear to me. After my parents survived the Shoah, they were sponsored by Jewish Immigrant Aid Services (JIAS) to come to Montreal. Last year, I contacted JIAS to see if I might reciprocate. They referred me to Jewish Family Services of Ottawa (JFS), one of three agencies designated by the City of Ottawa to assist with Syrian refugee sponsorship and resettlement.

I contacted JFS Executive Director Mark Zarecki just as his name appeared as one of the signatories to the inspirational CJN letter, which called on us to expand our commitments to making the world a better place.

Although there is already much of that sentiment locally, there is always room for more social advocacy and action. I have long been inspired by Rabbi Reuven Bulka’s dedication to – among myriad other endeavours – blood and organ donation, comprehensive cancer care, hospice care, Canadian veterans and interfaith dialogue. I have been delighted to observe the enthusiasm of young Jewish social activists – an alleged oxymoron in reference to an ostensibly disengaged generation – such as Adam Moscoe, who has worked on human rights in Rwanda, and Vivian Grinfeld, who volunteers to organize food donations and prepare meals to feed the homeless in the downtown core.

In November, Limmud Ottawa had overflow attendance for the panel on relationship violence with organizer

PEGGY KLEINPLATZ GUEST COLUMN

Benjamin Miller and fellow speakers Sarah Caspi of JFS’ Shalom Bayit program and Rabbi Bulka. Whether we conceptualize this need for community activism as tikkun olam, chesed or the pursuit of tzedek, it is all about doing our share to look outward and care for others.

Since contacting Zarecki, I have had the opportunity to observe more of the work of JFS. Zarecki, one of my heroes, writes editorials for In Touch, the JFS newsletter, which always reminds readers of the core of Jewish values and mitzvot. JFS addresses and responds to the needs of the most vulnerable among us with dignity, including seniors, abused women and children and people living in poverty. The programs they support, including the Ottawa Kosher Food Bank, the Tikkun Project and walk-in counselling for anyone needing immediate help, are not only humane, they are cost-effective. JFS also provides a model for interfaith outreach and is creating profound attitudinal change, most notably in mosques and among Syrian refugees who have come to see us as caring allies. Its work exemplifies the commandment to love one’s neighbour as oneself – and is deserving of our attention and further support.

I hope the Jewish Federation of Ottawa will allocate more of our local contributions to JFS or allow us the opportunity for a targeted donation option in support of such model programs. We must stand up for that which is closest to our hearts, that is, compassion and justice.

Peggy J. Kleinplatz is a professor of psychology at the University of Ottawa Faculty of Medicine.

In Appreciation

We would like to thank all those friends and family who sent expressions of kindness, cards, meals and donations in memory of **Morley Goldfield**, beloved husband, father, grandfather, brother, and uncle. He is deeply missed. We are grateful for your support, thoughtfulness, generosity, and caring.

Evie Goldfield & Roger Glade, Los Angeles

Kim Goldfield, Ottawa

Gary & daughters, Diana & Rachel Goldfield, Ottawa

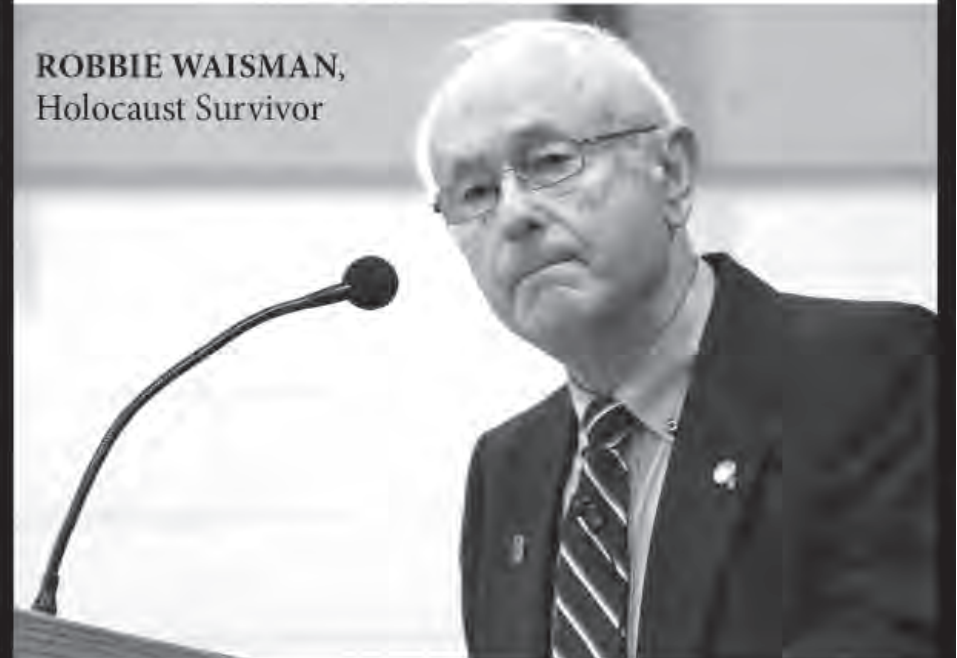
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ROBBIE WAISMAN,
Holocaust Survivor



BREAKING THE SILENCE

He was one of the “boys of Buchenwald” and for more than 30 years he remained silent about his experience. When Holocaust deniers James Keegstra and Ernst Zundel captured headlines in the 1980s, Robbie Waisman could no longer keep silent.

At 10 years old, Robbie was sent to Buchenwald. He was liberated in 1945 with 903 young boys including future Nobel Laureate Eli Wiesel.

Since breaking his silence, in his quest to combat hate and racism, Robbie has spoken about his Holocaust experiences to thousands of students at schools and juvenile offenders in prison, as well as at anti-racism outreach programs involving First Nations.

He also lent his quiet dignity to two documentaries **Children of the Storm** and **The Boys of Buchenwald**.

Hear his inspirational and compelling story.



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Passover Feature Pesach: A tale of two stories

BY RABBI DONNIEL HARTMAN
SHALOM HARTMAN INSTITUTE

We are a people with many memories, many stories, and who we are has been shaped by the stories we remember and tell. More than any other holiday, Pesach is about remembering and passing that memory down to the next generation. Every Jew is commanded to see themselves as if they came out of Egypt, and to tell their Egypt story to their children. The telling of this story is not mediated by teachers or rabbis, nor is it told in a communal framework. The setting of the seder is one of family and immediate friends, and the responsibility is upon every one of us to decide how we convey the story.

What makes this particularly challenging is that, beyond the complicated family dynamics, a Haggadah that is deeply problematic, and different sensibilities with regard to what needs to be done, we have inherited two different stories. The challenge is not merely how to tell the story, but which story to tell. Pesach is a tale of two stories.

One story, which dominates much of the Haggadah, not to speak of the story as told in the Bible, focuses on Pesach as a story of Exodus, of the Jewish people being freed by God from the slavery of Egypt. "I am the Lord. I

will free you from the labours of the Egyptians and deliver you from their bondage. I will redeem you with an outstretched arm and through extraordinary chastisements. And I will take you to be my people, and I will be your God." (Exodus 6:6-7)

More than freedom and salvation, Pesach is a story of the election of the Jewish people, as God pours down God's wrath on those who enslave the chosen ones and redeems us out of the hands of Egypt to be God's chosen people. Each plague, told and magnified, is an expression of love, a gift of betrothal of God to us, an offering that bonds us to each other. "I the Lord am your God who brought you out of the land of Egypt, the house of bondage: You shall have no other gods besides me." (Exodus 20:2-3)

One of the core consequences of this election narrative under Jewish law is the sanctioned discrimination between Jew and non-Jew, between the children of Israel and the nations of the world. Because God saved us, all of us, from the slavery of Egypt, Jews are all equal, and no Jew can take another Jew as a slave.

However, those who are not the recipients of the gift of Exodus, the non-Jews, can become our slaves. (Leviticus 25) When we go to war, even wars of aggression, the God who took us out of Egypt will always fight on our side, because the moment of election creates an Us-Them dichotomy in which God is always with us. (Deuteronomy 20) Idolatry is neither false nor futile. It is the worship allotted by God to the non-elected. We, the chosen people, are alone commanded to worship God. The God who saved us in Egypt is our God alone. (Deuteronomy 4)

This tale of the story of Egypt finds its culmination in our traditional Haggadah, in which one of its concluding



"The challenge is not merely how to tell the story, but which story to tell," writes Rabbi Donniel Hartman, president of the Shalom Hartman Institute.

prayers is a petition to God to "Pour out your wrath on the nations that do not know you ... Pursue them with anger and destroy them from beneath the heavens of the Lord."

There is a second story of Pesach, a story in which neither the Exodus nor its accompanying plagues takes central stage, but rather the hundreds of years of our subjugation in Egypt. It is to this memory that the core symbols of the holiday, matzo, the poor person's bread, charoset, the paste that resembles mortar, and maror, the bitter herb, which causes us to relive the experience of pain – all direct us.

Celebrate: Son won't know religious suppression

Continued from page 8

but I'll take it.

I came back to eating matzo. Yes, I miss chametz by about Day 5. But the truth is that Passover is one of my favourite holidays precisely because it celebrates freedom. Freedom of my Jewish people from slavery, freedom of refugees like us to be Jewish, and most recently, freedom of self-determination for Jews in Ukraine, who joined Ukrainians of all backgrounds, to proclaim that they, too, want to live free of corruption and outside political influence.

My son is the new generation that will not know political oppression and religious suppression. He is the

pure generation that hears about things so unthinkable to him that he probably assumes we exaggerate. Watching him grow up in freedom and teaching him what it means to be Jewish is an honour and a joy. It is something I do openly, buying Jewish books at Barnes & Noble and celebrating holidays in public spaces.

These are such simple things, yet so unthinkable for my parents and grandparents. They managed to pass on what little they knew out of sight and with some apprehension. I eat matzo for them, to be reminded that Jewish freedom comes with a heavy price. But, in today's North America, passing on the significance of that freedom is both my luxury and my responsibility.

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Warm wishes to you and your family for a Happy Passover.

Friendship Circle provides meaningful volunteer experience for high school students

BY BELINDA CANTOR
FOR JEWISH YOUTH LIBRARY

Early this school year, as I was starting Grade 11 at Sir Robert Borden High School, I began to think about how I was going to fulfil my school mandated volunteer hours. As I was contemplating this seemingly daunting task, I realized the answer was right in front of me.

This past summer at my camp, the Y Country Camp in the Laurentians, we were given a talk on the importance of volunteering in our communities.

Many of my camp friends from Montreal volunteer for a program called the Friendship Circle, an organization that matches high school or university-aged students with a child with special needs. The students get together once a week, for about an hour.

When I got home, I researched the Friendship Circle and discovered that, in Ottawa, the program is run through the Jewish Youth Library (JYL). With the help of JYL director Devora Caytak, who, as it happens, was my preschool teacher, I was matched with a buddy and my participation in this wonderful program began.

At first, my involvement with the



Friendship Circle volunteer Belinda Cantor (left) discusses the program with Jewish Youth Library Director Devora Caytak.

Friendship Circle was an activity that would allow me to gain my required volunteer hours. But, as the weeks passed, it grew into something bigger. The weekly visits with my buddy became the highlight of my week.

On our first meeting, I quickly learned

that my buddy is extremely intelligent. He has a vast knowledge of sports and Pokémon, as well as an incredible memory. It is never a dull moment when I visit him. Whether it be completing a puzzle, drawing or playing outside, I always have a wonderful time hanging

out with him.

I am so passionate about this program because it is truly special. It gives a child with special needs a new friend, and the parents of that child a much appreciated break. The relationship I share with my buddy benefits both of us. Not only do I get to hang out with one of the most incredible kids I know, I get to learn so much from him.

Each week, I learn a new lesson on patience, creativity, friendship and much more. I am forever grateful for the opportunity to be a part of such a great program, and I encourage others to join me and get involved.

The Friendship Circle may have a low profile in Ottawa, but, with more volunteers, it will grow and flourish. If you are a high school student, participating in the Friendship Circle is both a great way to satisfy your community service requirement and a great way to get involved in the Jewish community.

Volunteering with the Friendship Circle has left me with a sense of community involvement and the incredible feeling that I am making an impact on someone's life. For more information, please feel free to contact me at bcantor99@gmail.com.

Members of the **Ottawa Liberal Caucus** wish you a

Happy Passover! Chag Sameach!



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PURIM IN OTTAWA | More photos on pages 15 and 17 and at www.ottawajewishbulletin.com



Chabad Hebrew School: Students and staff of Chabad Hebrew School participate in their Purim Masquerade, March 20.



Ottawa Modern Jewish School: (From left) Kindergarten and Grade 1 students Penelope, Rachel and Cole of the Ottawa Modern Jewish School celebrate Purim.

Happy Passover



*Wishing you peace,
prosperity
and all the joys
of the season.*

Chandra Arya

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“Gary Roodman was a great choice to be the General Manager for our Ottawa office,” Brook Restoration President and Chief Executive Officer Geoff Grist says. Gary grew up in Ottawa, and graduated from Carleton University with degrees in civil and mechanical engineering. He is a licensed professional engineer in Ontario (P. Eng.) and the State of Florida (PE), and has attained the international designation of Project Management Professional (PMP). He spent 20 years in Florida managing large scale construction projects such as shopping malls and condominiums, with budgets ranging from \$40,000,000 to upwards of \$100,000,000.

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“Brook Restoration Ottawa has grown rapidly, and we have established a strong presence in the local market. With our experienced project management team, knowledgeable foremen and skilled tradesmen, the company has successfully completed numerous condominium, apartment, hotel, and community housing projects in the Eastern Ontario region.” Gary says.

“Our core business is building restoration,” explains Gary. “The bulk of our work comes from property owners and managers, condominium boards and engineering firms. Our projects represent a wide range of services such as balcony and garage repairs, waterproofing and caulking, window and curtain wall replacement, brick repairs, roofing and heritage building restoration. However, I do have more than 30 years, comprehensive, construction management experience, and it has enabled us to broaden our scope of services to include interior fit-ups such as framing and drywall, electrical and plumbing work, painting and finishes, and commercial swimming pool renovations.”

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Brook Restoration, owned by Geoff Grist, right, is happy to be expanding in the Ottawa area, led by General Manager Gary Roodman, left.

Brook jobsite is health and safety,” Gary says. “We are dedicated to protecting our workers, our clients and the general public from any risk of injury, especially when working on a building that maintains occupancy during restoration. We have our own certified training facility in Toronto and all of our workers are required to attend and pass a number of safety courses prior to stepping foot on a worksite. The workmen also receive hands-on training with actual field equipment to ensure they are familiar with the latest in safety techniques.

“The nature of the business often involves working at great heights on the outside of some of Ottawa’s tallest buildings. For this reason, all of our field workers are trained in fall arrest protection, suspended access equipment training, first aid and working with hazardous materials in the workplace.”

Building Relationships

As with any business, repeat customers are the foundation for growth, and Brook Restoration is proud to have many satisfied clients in the Ottawa area.

“Some of our completed projects include work at the Radisson Hotel on Queen Street. We installed new windows, performed stucco repairs and replaced 20,000 bricks on the exterior of the building,” Gary says. “At the Château Vanier Condominium on

McArthur Avenue, we repaired crumbling balconies, performed structural repairs to the underground garage, replaced expansion joints at the upper level parking lot, and are now starting a new project to waterproof the landscaped roof over the retail spaces. At Queen Elizabeth Towers on Laurier Avenue, we recently completed structural repairs to the garage, and the caulking of all the windows and balcony doors. We are now working on restoring their swimming pool with new waterproofing and tile.

“Additionally, Ottawa Community Housing contracted with us to replace windows and add insulated stucco siding to one of their mid-rise buildings near Tunney’s Pasture. We will also perform structural repairs to the balconies at one of their seniors’ living facilities. For the 18-storey high rise at 1240 Donald Street, we repaired all of the balconies. Considering the projects we have on the books for 2016, the future is looking quite bright for us in Ottawa.”

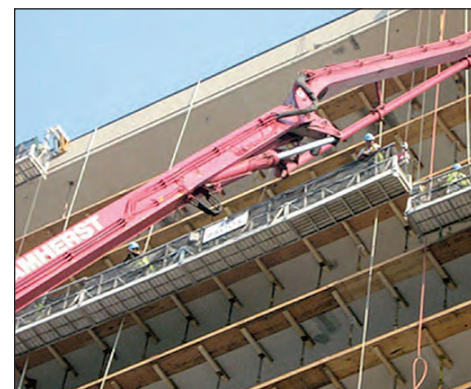
Gary attributes Brook Restoration’s local success to a simple formula, “Price it fairly, do quality work and treat everyone with respect.” So far the plan seems to be working.

For further information:

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OTTAWA JEWISH BULLETIN | Section 2

'We have a responsibility to those who perished to bear witness'

Robbie Waisman, one of "The Boys of Buchenwald," will give the keynote address at Ottawa's Yom HaShoah Community Commemoration, Tuesday, May 3, 7 pm, at the Soloway Jewish Community Centre. He recently spoke with Ottawa Jewish Bulletin reporter **Louise Rachlis**.

I imagine being a 14-year-old boy, hungry, starved, deprived of every human emotion, dehumanized, and in spite of it all, dreaming of being reunited with family.

That's the experience described by Holocaust survivor Robbie Waisman.

"Hope is a very powerful motivation. We had to find a way to cope," said Waisman, who will share his experiences as one of the 426 teenagers liberated from the Nazis' Buchenwald concentration camp on April 11, 1945.

"One should never give up on life," said Waisman, 84, who was in Ottawa two years ago to receive the Governor General's Caring Canadian Award.

"I realize that I represent seven per cent of Jewish children that survived – out of one-and-a-half million who weren't as lucky," he said. "When you read in the paper about a car accident and a mother and father die with a young child with them, we can internalize that, and feel the pain. But, how can I convey one-and-a-half million boys and girls? I get shivers when I think about it."

Ironically, it was Holocaust denier James Keegstra who propelled Waisman to tell his story.

"I did not speak for more than 30 years," he said. "I was involved in every-

thing in the community, and B'nai Brith, and the hotel association, because I owned a hotel. But then there was a teacher in Alberta by the name of Keegstra who was teaching his students that the Holocaust never happened. That woke me up."

James Keegstra was a high school teacher in Eckville, Alberta, who was stripped of his teaching certificate and convicted of hate speech in 1984.

Waisman explained the Keegstra-inspired wake-up was a response to "two voices" that came to him when he was 12 years old and working as a forced labourer in a Nazi munitions factory from 7 am to 7 pm.

"I had small fingers and was mechanically very good. If a bullet got stuck in a machine, I would dislodge the bullet ... My reward was that they allowed me to live."

At night, Waisman explained, a voice addressed him, saying "If you survive, tell the world what you have witnessed."

"The voice did this three times, and I didn't answer," he said. "Another voice said, 'At least get along, or none of us are going to survive.' I'm just about falling asleep, and the voice said, 'Hey, kid, you haven't said yes yet.'"

"Keegstra woke me up to establish a Holocaust centre in Vancouver, and we



"The resilience of the human spirit is unbelievable," says Holocaust survivor Robbie Waisman, who will give the keynote address at Ottawa's Yom HaShoah Community Commemoration, Tuesday, May 3, 7 pm, at the SJCC.

reach 26,000 young people every year. We must break down the wall against prejudice. We have a responsibility to those who perished to bear witness and also to seek compassion and understanding."

Waisman was born in 1931 in Skarszysko, Poland, the youngest of six children.

After he was liberated, his immediate concern was to be reunited with his family.

"At that time, I was not yet aware of the enormity of the Holocaust, or of the extent of our losses. The human mind doesn't accept some of these things ... When we were liberated and wanted to go home, we realized our home didn't exist.

We were full of rage. They shipped us out to France, and the caregivers wanted us to move ahead and do things teenagers do," he said.

Waisman was one of the boys of Buchenwald, liberated along with author Elie Wiesel, the 1986 Nobel Peace Prize laureate, and Rabbi Yisrael Meir Lau, who served as Ashkenazi chief rabbi of Israel from 1993 to 2003.

Many years later, during the filming of the 2002 documentary, "The Boys of Buchenwald," Waisman read a report from the care-giving organization that said of the boys, "they've seen too much. They won't live beyond 40, and won't amount to anything." He thought of that when he called Wiesel to wish him a happy 80th birthday.

"We could go on about what we've achieved. Not bad for a bunch of lunatics," he laughed. "What we've done with our lives! The resilience of the human spirit is unbelievable. I'm very proud of all my boys."

Waisman was 17 when he landed in Halifax in December 1948. He wasn't told he was going to Calgary until he was already on the train.

"On the trip west, I couldn't get over the immensity of the huge spaces and the sparse settlements along the way. You could see forever. As I crossed Canada by train, it occurred to me that so many people could have been saved in this vast country: so much land, and, yet, no room for refugees during the war."

He stayed in Calgary for nine years, until 1959, when he married Gloria Lyons and moved to Saskatoon. In 1978, after 18 years, he moved to Vancouver so that his son, Howard, and daughter, Arlaina, could be part of a larger Jewish community.

Waisman has participated numerous times in the March of the Living and has a message for young Canadians.

"This is the greatest country in the world," he said. "I would ask young people to keep an open mind when they see and meet newcomers to this country ... Experience the adventure of getting to know other kinds of people. Each one of us possesses unique, wonderful qualities, regardless of colour or religion."

For more information about the Yom HaShoah Community Commemoration, contact Ariel Vered at 613-875-1865 or arielrachelvered@gmail.com.



Chag Sameach!
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Camp Gan Izzie's got talent and great activities for 2016!

By Louise Rachlis

This summer will be preschooler Benjamin Assayag's fourth summer at Camp Gan Izzie, and every camp session has been a delight, both for him and for his parents, Aviva and Leon Assayag.

"From the parents' point of view, every child is treated like an individual, and it's a very nurturing, Jewish, environment," said Aviva. "We really couldn't ask for a better place."

The Assayags heard about the camp at the Westboro Jewish Montessori Preschool through friends, and, from the first day, their son loved it.

"He's a very high energy child, and we usually have trouble keeping up with him. And, that first summer, he actually had trouble keeping up with the counsellors, and sometimes fell asleep on the drive home."

Now five, Benjamin "loved the sports and special activities and field trips, the kids, the counsellors, and the music – everything," his mother said. "He loved spending time in the pool, and, any day now, he'll be swimming."

Benjamin has also been attending the Westboro Jewish Montessori Preschool since he was an 18-month-



Campers receive swimming lessons everyday at Camp Gan Israel of Ottawa.

old, and this will be his last year there.

He eagerly awaits this year's Camp Gan Izzie season, July 5 to August 4.

"Our campers look forward to Camp Gan Izzie all year round," said Devora Caytak, director of the camp and of Westboro Jewish Montessori Preschool. "Last summer was an exceptional year. Our registration increased over 10 per cent, with families sending their children from all over the city. We are looking forward to an even larger registration this year."

"Camp Gan Izzie," the nickname of Camp Gan Israel, is part of the worldwide Lubavitch Movement that

was started by the Lubavitcher Rebbe, Rabbi M.M. Schneerson.

Camp Gan Izzie has been run by Dr. Yosef and Devora Caytak since the 1990s, out of the Jewish Youth Library building at 192 Switzer Avenue, using the beautiful outdoor pool for group and private swimming lessons.

The theme of "Camp Gan Izzie" for 2016 is "Gan Izzie's Got Talent," as well as "Kids got Israel Pride," "Kids got Family Values," "Kids got Respect" and "Kids Got Friendship."

Weekly specialists include "Dance with Ottawa Capital Dance" and

Parmar soccer on Mondays; music with Monkey Rock Music and sailing with Advantage Boating on the Ottawa River on Tuesdays; trip day on Wednesdays; dance class with LUV2Groove and a sewing workshop on Thursdays, and on Fridays there is woodworking with Scotty Willis.

There is swimming every day, except Wednesdays. Wednesday outings include Saunders Farm, Funhaven, the Canadian Museum of History, Karters Korner and Mont Cascades Water Park.

Among the other great daily fun activities are Charity Challenge, Ice-cream Truck Surprise, Lego Challenge, cake decorating, yoga, pony rides and show with Pumpkin Patch Farm, Brad the Balloon Guy, Water Fun Day, Drums for Dads, Muffins for Moms and lots more.

Fridays include Hawaiian Luau Shabbat Party, Shabbat Party with Little Ray's Reptile Show, Shabbat Party with Rock the Arts Puppet Theatre, and Shabbat Party with the Cow Guys.

For more information, please view www.cgiottawa.org or call 613-729-7712.



Campers and counsellors are excited for Purim Day during Camp Gan Israel Summer 2015.



Campers enjoy go-karting at Karters Korner.

Councillor

Shad Qadri

is wishing you and your family a safe and happy Passover, 2016



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at Passover*

*David and
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Did you know that there are thousands of cancer patients worldwide whose only hope for survival is a bone marrow transplant?

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Over 40,000 soldiers of the IDF join the Ezer Mizion Registry annually. We need your help to sponsor their genetic testing so that cancer patients everywhere, young and old, can survive. **Please donate now to save lives.**

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Advertorial

Investing in Israel has never been easier

Israel is setting a new standard for innovation. The country's thriving entrepreneurial spirit, exceptional workforce, intrepid culture, and resilient economy makes for an ideal environment for investors to invest their money.

Alan Blostein, vice-president at CIBC Wood Gundy, says, "Investors, whether corporate or individuals, have long seen Israel as a land of opportunity. In fact, it's not just investors who feel this way. Since the nation's founding, people from all over the world and from all walks of life have travelled to Israel to experience its unique culture and learn more about its proud history.

"We want to capture that passion and provide an investment strategy around their growing economy."

The proof is in the numbers. Over the last 20 years, the Tel Aviv Index (TASE-25 IDX) performed at a rate of 10.2 per cent compounded. Compare that to the 5.67 per cent for the S&P 500 and 4.9 per cent for the TSX. What does all this mean? Imagine you invested \$250,000 in the Tel Aviv index over a 20-year period. Your investment would have grown to \$1,744,102 today.

A land of opportunity, indeed!

Yet navigating Israel's business landscape can be a challenge for those who

aren't familiar with the terrain. What investors need is an easy, effective way to participate in the country's economy.

Alan Blostein and Stacey Beumer, CFA, portfolio manager at CIBC Wood Gundy, saw the demand and created just that.

Thanks to the "Israel & Friends Stock Portfolio™," designed and managed by Blostein and Beumer, investors now have a simple way to take advantage of the opportunities available in Israel.

"We knew there was an opportunity to create a portfolio around investing in an Israel-focused stock investment," says Beumer. "The trouble was, there were limited options, so we decided to build our own investment strategy from scratch."

The Israel & Friends™ Stock Portfolio is comprised of 20 to 25 individual companies, half of which are based in Israel, the other half consisting of international companies with a strong footprint in Israel. This portfolio is offered exclusively through The Blostein-Beumer Investment Group. A minimum investment of \$150,000 (US) is required.

The Blostein-Beumer Investment Group, with more than 40 years of providing investment advice, is well versed when it comes to understanding the thriving commerce and technology in the region.

Blostein has visited Israel numerous times, and was part of Prime Minister Stephen Harper's delegation on a trade mission to Israel in 2014.

"Their young, educated, and driven workforce drives the innovation and success of their companies. It's just an incredible country," says Blostein.

Israeli companies are in demand because they are entrepreneurial, competitive, and are world leaders in technological and pharmaceutical innovation. Many multinational companies such as Nestlé, Google and Microsoft have realized this. They have put their money into Israeli startups or opened research and development centres there.

In 2006, Warren Buffet, the standard-bearer for risk aversion, broke his decades-long practice of owning only U.S. companies and made a \$4.5 billion investment in an Israeli company.

"The Israel and Friends™ Stock Portfolio just celebrated its first full calendar year return. The one year trailing return as of Dec. 31, 2015 was 21.7% .

If you are an investor looking to take advantage of the exciting opportunities available in Israel, look no further. The Blostein-Beumer Investment Group's Israel & Friends™ Stock Portfolio is



Alan Blostein (left) and Stacey Beumer

your chance to participate in the Israeli economy.

To find out whether this portfolio is right for you, please call The Blostein-Beumer Investment Group at 613-239-2946. It only takes a few minutes, so call today! ■

Source: Start Up Nation by Dan Senor and Saul Siger.

Alan Blostein and Stacey Beumer are Investment Advisors with CIBC Wood Gundy in Ottawa. The views of Alan Blostein and Stacey Beumer do not necessarily reflect those of CIBC World Markets Inc. CIBC Wood Gundy is a division of CIBC World Markets Inc., a subsidiary of CIBC and a member of the Canadian Investor Protection Fund and Investment Industry Regulatory Organization of Canada. If you are currently a CIBC Wood Gundy client, please contact your investment adviser.

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May 3, 7:30 pm Temple Israel
1301 Prince of Wales Dr., K2C 1N2

Yossi Alpher is an independent Israeli strategic affairs consultant. He's served in the IDF as an intelligence analyst and in the Mossad. He's been director of the Jaffee Center for Strategic Studies at Tel Aviv University and the director of the American Jewish Committee's Israel/Middle East Office in Jerusalem. He co-founded and co-edited bitterlemons.net, an on-line Israeli-Palestinian and Middle East dialogue project. His latest book is: No End of Conflict: Rethinking Israel and Palestine. He has also served as an adviser to the Union for Reform Judaism on peace and co-existence issues.

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Carol Kershman (left) serves High Tea to Donna Hicks. Carol and Donna are on the Machzikei Hadas Sisterhood High Tea Committee.

High Tea will be served at Machzikei Hadas

BY DEBBIE BAYLIN

Come to Machzikei Hadas on Sunday, May 29, from 2 until 4 pm and experience High Tea served in its full elegance. Whether it's a distant memory or something still on your bucket list, the High Tea will hearken back to a time of leisure and luxury.

With silver teapots, china, silver cutlery and linens, volunteers from the Machzikei Hadas Sisterhood will provide personal table service, complete with finger sandwiches, scones with jam and special homemade desserts and delicacies. The atmosphere will be appropriately enhanced with live classical music.

Enjoy an opulent afternoon with friends new and old or reserve a whole table for your special group. Both men and women are welcome to attend.

Admission is only \$36.00 per person and there are several tax-deductible patronage levels available.

Proceeds from the High Tea will enable the Machzikei Hadas Sisterhood to support projects that enhance both the synagogue building and programs offered at Machzikei Hadas. Over the past year, the Sisterhood has set up and refurbished the children's room and provided new toys and games, painted and carpeted Rabbi Idan Scher's new office, sponsored the children's Purim and Chanukah parties, and provided Siddurim for Grade 1 students at Simchat Torah. Coming up is a project to upgrade the landscaping.

Reservations are recommended. For further information, call the Machzikei Hadas office at 613-521-9700 or email sisterhood@cmhottawa.com.

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BIRTHS:

Vicky & David Abenhaim (granddaughter) *by* Ruben Benmergui & Louisa Garib
Lynda Batist-Friedman (grandson) *by* Fern Goldman
Martin & Ellie Black (grandson) *by* Carol-Sue & Jack Shapiro
Devora & Yosef Caytak (two new grandchildren) *by* Peggy Kleinplatz
Margaret & David Delicate (granddaughter) *by* Barbara & Alec Okun
Sandy Fishbain (grandchild) *by* Liz & Jeff Kofsky
Katherine & Jorge Fitch Loza (daughter) *by* Judy & Michael Aranoff
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Shelli & Steven Kimmel (granddaughter) *by* Marcia & Barry Cantor; Elianna Saidenberg & Doron Shmorgun
Louis & Lysette Kohn (granddaughter) *by* Myra & Sam Krane; Sonia & Sheldon Shaffer
Sam & Myra Krane (twin grandsons) *by* Morton & Sheila Baslaw; Shelley Rothman

Debbie & Howard Krebs (granddaughters) *by* Esther & Irving Kulik
Ashley & Daniel Lindzon (son) *by* Cindy Morin
Howard & Carol Lithwick (granddaughter) *by* Carol & Laurie Pascoe
Chaim & Bassy Mendelsohn (son) *by* Marcia & Barry Cantor
Pat & Morris Neuman (grandson) *by* Marcia & Barry Cantor
Carol & Laurie Pascoe (granddaughter) *by* Marion Silver & Alan Brass; Toby & Joel Yan
Brian & Rochele Pearl (twin grandchildren) *by* Trudy & Avis Miller; Michael & Judy Aranoff; Rosalie & Harold Schwartz
Ron & Avalee Prehogan (grandson) *by* Alan & Margo Blostein; Marcia & Barry Cantor
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Sadie Rayne *by* Judith & Lorne Shane
Liam Rosenthal *by* Florence Rosenthal & Family
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Shelley Rothman (grandson) *by* Myra & Sam Krane
Stuart & Laura Rothman (son) *by* Myra & Sam Krane
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Elayne Schwartz (grandson) *by* Jeff & Felice Pleet
Susan & Charlie Schwartzman (twin grandsons) *by* Reisa & Allan Glenns
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Rabbi Yoey & Smin Shaps (son) *by* Harry & Linda Prizant
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Sandy & Andy Siggner (granddaughter) *by* Mera & Bill Goldstein
Sunny & John Tavel (grandson) *by* Alyce & Allan Baker; Margo & Alan Blostein
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Helen & Rick Zipes (granddaughter) *by* Paul & Sharon Finn
Peter Showler & Ellen Zweibel (grandchildren) *by* Margo & Alan Blostein

HAPPY BIRTHDAY TO:

Marjorie Achbar *by* Carol-Sue & Jack Shapiro
Allan Baker *by* Margo & Alan Blostein
Barry Baker (75) *by* Margo & Alan Blostein; Max & Rena Cohen; Jeff & Felice Pleet
Michael Baker (40) *by* Barbara & Len Farber
Shier Berman *by* Sheila & Morton Baslaw
Chaim Birnboim *by* Faye & Arnold Tennenhouse; Selma & Les Tennenhouse
Bonnie Bowering *by* Sandy Siggner
Irwin (Ernie) Brodo (80) *by* Sheila & Morton Baslaw; Sidney Featherman & Maureen Katz; Fern Goldman; Sylvia Greenspoon & Rick Levine; Chris & Steve Shugar
Karl Brot *by* Eric & Diane Appotive
Anna-Lee Chiprout *by* Harvey Morin
Judah Denburg *by* Norm & Myrna Barwin
Sylvia Finestone (100) *by* Ed & Janice Fine
Bev Gershkovitch (75) *by* Susan Heisel
Brenda Green *by* Allan & Alyce Baker
Ben Greenberg (85) *by* Roz Taller
John Greenberg (90) *by* Isaac & Mara Muzikansky
Warren Greenstone (60) *by* Betty & Ed Rose
Clara Halasz *by* Harvey Morin
Larry Hershorn *by* Arnie Swedler & Rhoda Zaitlin

Continued on page 36

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Continued from page 35

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Avraham Iny (70) by Ricki & Barry Baker
Arlene Isenberg by Miriam & David Algom; Valerie & Gaby Terkel
Libby Katz by Ricki & Barry Baker
John Kershman by Carol & Stanley Kershman
Stanley Kershman by Carol Kershman
Mayer Kleinplatz z"l by Peggy Kleinplatz
Dorry Korn by Eileen & David Swimmer
Howie Krebs (65) by Janice & Ed Fine
Philip & Norma Lazear by Sonia & Sheldon Shaffer; Myra & Sam Krane
Jack Lehrer (70) by Judi Hoffman
Linda Perlman by Liz & Jeff Kofsky
Jeffrey Pleet (60) by Harris Pleet; Eric & Joy Weisbloom
Irvin Plosker by Sharon & Garry Heidinger
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Julie Risisky by Margo & David Kardish
Abe Schwartz by Margo & David Kardish
David Schwartz (57) by Harold & Rosalie Schwartz
Carol Sue-Shapiro (70) by Alyce & Allan Baker
Donna Shore by Oliver Javanpour & Diane Crouse
Howard Silverman (50) by Jenny & Steven Glassman; Danny & Rhonda Levine
Craig Small by Margo & David Kardish
Mildred Sonshine by Gloria Krugel
Goldie Sussman (100) by David & Judith Kalin
John Tavel (75) by Jane & Len Shore
Martin Weber (50) by Margo & Alan Blostein
Cynthia Weinstein by Ricki & Barry Baker; Mera & Bill Goldstein
Sharon Weinstein (60) by Bonnie & Bruce Engel
Elaine Wolfish (special) by Alyce Baker; Ricki & Barry Baker; Judi Hoffman
Norman Wolfish (80) by Alyce & Allan Baker; Ricki & Barry Baker; Judi Hoffman; Ed & Betty Rose; Andy & Sandy Siggner
Abe Zeisler (90) by Marion Silver & Alan Brass

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Ethiopian Jews arriving at Ben Gurion Airport as part of an operation that was thought to have ended the Ethiopian immigration to Israel, Aug. 28, 2013. MIRIAM ALSTER/FLASH 90

Ethiopian aliyah to restart in June

JERUSALEM (JTA) – Some 1,300 Ethiopians who claim Jewish descent will begin arriving in Israel in June, with 9,000 coming over the next five years, under a new Israeli government agreement.

The agreement to find money in the budget for the aliyah of the Ethiopians was signed April 7, avoiding a government crisis.

Two Likud Party lawmakers had boycotted voting in the Knesset for the past two months over the dispute, leading to the failure of a party-sponsored bill. The coalition government has a one-vote majority in the Knesset.

The Knesset unanimously approved a plan in November 2015 to bring the remaining 9,000 Ethiopians who claim Jewish heritage following a public campaign launched by the Ethiopian community in Israel and volunteer organizations. The plan did not deal with the finances.

In February, it was announced that the government approval to bring over the

9,000 Ethiopians, known as Falash Mura, would be on hold indefinitely until the nearly \$1 billion needed to fund the immigration was found in the budget.

Falash Mura are Ethiopians who claim links to descendants of Jews who converted to Christianity generations ago but now seek to return to Judaism and immigrate to Israel. Their permanent entry into Israel will be dependent on completing the conversion process.

About 135,000 Jews of Ethiopian descent are living in Israel. Tens of thousands of Ethiopian Jews were airlifted to Israel during Operation Moses in 1984 and Operation Solomon in 1992.

Israel announced in August 2013 that it had brought the last of the eligible Falash Mura to the country after a steady trickle of approximately 200 Ethiopian immigrants per month had been coming to Israel since 2010, when Israel launched Operation Wings of a Dove after checking the aliyah eligibility of an additional 8,000 Ethiopians. Many of those remaining have family who are already in Israel.

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Millicent Schaenfield by Suzan Viner-Warkentin and Lindy and Kiera

Barbara Greenberg by the residents, staff and Boards of the Lodge and LTC Foundation, Harry and Esther Froman, Evelyn Greenberg, Ellen and Jon Reider, Bill and Jane James, Zelaine and Sol Shinder, Ingrid Levitz, Randi, Ian, Jonathan, Inna, Matthew and Adam Sherman

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Ottawa Torah Institute and Machon Sarah: A teacher's perspective

BY LARRY PETERS
OTTAWA TORAH INSTITUTE
MACHON SARAH HIGH SCHOOL FOR GIRLS

As someone who has worked in both the public and private educational systems, I am sometimes asked how they compare. I feel comfortably positioned to answer the question as I worked for the Ottawa-Carleton District School Board for 38 years, the last seven as head of English and languages at Lisgar Collegiate, and I am now finishing my 10th year at Ottawa Torah Institute (OTI) and Machon Sarah High School for Girls (MS).

Having spent 29 years at Lisgar Collegiate, teaching many gifted and advanced placement English classes, I was used to a high academic standard. So I was pleased to discover I could expect the same high level of performance from our students. OTI/MS students follow the same rigorous English curriculum developed at Lisgar, with a strong concentration on spelling, grammar, and writing in the lower grades.

In their years at OTI/MS, students read classics like "The Iliad," "The Odyssey," "Oedipus Rex," "Beowulf," "Canterbury Tales," "Pride and Prejudice," "A Tale of Two Cities," "Huckleberry Finn," and more contemporary classics like "To Kill a Mockingbird" and "Lord of the Flies." Each year, students also study a Shakespearean play. The Ministry of Education inspector this last semester stated the level of instruction and performance in our Grade 12 class was at a university level. Our students have performed with distinction on the Ontario Secondary School Literacy Test and the SATs.

Small classes have distinct advantages for both students and teachers. In a regular high school, the sheer volume of students means that student-teacher contact is extremely limited, and a student in difficulty may fly under the radar until well into the semester. Likewise, it is difficult to cater to the needs of exceptionally talented students. At OTI/MS, courses can be tailored to meet individual student's challenges and needs and different learning abilities can be easily accommodated in a single classroom. Smaller classes also mean that tests and assignments can be marked and returned promptly, so students receive immediate



Larry Peters teaches an English class at Ottawa Torah Institute.

feedback on their performance.

Undoubtedly, a small school does face challenges in terms of facilities, but our staff is creative and dedicated to ensuring our students have all the advantages of students in the public system. Gym classes are given at the Soloway Jewish Community Centre (SJCC), which offers facilities not available to any public school, and some science labs take place at the University of Ottawa. Civics classes have visited the Prime Minister's Office and students participate in national and international math contests.

Our students have an active social and physical life with events that include annual ski days at Edelweiss, swimming at the SJCC every week, archery field trips, skating at Rideau Hall, Lag B'Omer in Gatineau Park, bike rides and picnicking on Parliament Hill, and Saturday night Melavah Malkas.

I have found my years at OTI/MS to be very rewarding. The school administrators have created a positive working environment where both staff and students feel secure, challenged, and appreciated. OTI/MS is a close-knit, caring community where student challenges are closely monitored and successes are celebrated by all.



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Pearing it down

It's the second seder and you've already sat through one night of matzo ball soup, brisket, meatballs, kugel, etc.

My initial intent was to base this column on an inter-generational seder theme. You know, something old, something new ... But, really, why mess with what's tried and true? If it ain't broke, don't fix it!

So, with a thought to a more contemporary theme, the idea of using pears in the menu came to mind.

Very few kids like gefilte fish, but most like Chinese food. So, why not have lettuce wraps as a first course – with lettuce (karpas) being an integral part of the seder plate.

Apple desserts are classic. Replace the fruit with a pear for a more edgy exotic dish.

ASIAN PEAR LETTUCE WRAPS

Serves 8-10

2 teaspoons olive oil
2 teaspoons chopped garlic
227-gram package of sliced mushrooms
500 grams of ground chicken
Salt and pepper to taste
1/2 cup soya sauce (Ungar's for Passover)
1/2 cup chilli sauce (Lieber's for Passover)

Sauté the garlic, mushrooms and ground chicken in a fry pan with 2 teaspoons of olive oil.

Season with salt and pepper and cook 7-8 minutes.

Drain out the liquid and add the sauces.

Serve in a bowl accompanied by lettuce leaves, chopped green onions, slivered cucumbers and sliced Asian pears. If your family enjoys cilantro and mint, then add these herbs as accompaniments.



ALYCE BAKER

HOLIDAY COOKER AND BAKER

PEAR COFFEE CAKE

Serves 8-10

1/2 cup chopped pecans
1/2 cup brown sugar
2 teaspoons cinnamon
1/2 teaspoon nutmeg
4 eggs
1 cup sugar
1/2 cup vegetable oil
1 teaspoon vanilla
1 cup matzo cake meal
4 ripe Bartlett pears (peeled, cored, quartered, and cut into thin slices)

Preheat oven to 350 F.

Grease an 8-inch baking pan.

Mix together the pecans, brown sugar, cinnamon and nutmeg in a bowl. Set aside.

In stand mixer, beat the eggs on medium speed for one minute.

Add white sugar 2 tablespoons at a time and beat until thick.

Add oil in a steady stream followed by vanilla.

Add cake meal and beat on low speed until combined.

Pour half the batter into prepared pan. Sprinkle with half the pecan mixture and half the pears.

Add remaining batter. Top with remaining pears, followed by the remaining pecan mixture.

Bake 70-80 minutes. Keep checking with cake tester at 65 minutes and then every 5 minutes.

CINNAMON POACHED PEARS WITH CARAMEL

Serves 8

8 firm pears (Anjou, Bartlett or Bosc)
2 cinnamon sticks
1 2-inch piece of fresh ginger peeled and sliced
2 1/2 cups sugar
8 cups water
1/2 cup non-dairy *creamer*
Pareve *ice cream*

In a large pot combine the cinnamon sticks, ginger, 2 cups of sugar and 8 cups of water.

Add the pears and bring to a boil (make sure the sugar is dissolved).

Reduce heat, cover and simmer until the pears are soft (10-15 minutes).

Let the pears cool in the liquid.

Combine 1/2 cup sugar and 1/2 cup water. Place in a pot and cook over medium heat 1-2 minutes, until sugar is dissolved. Continue cooking without stirring until the syrup is dark brown.

Carefully add the non-dairy *creamer* and stir to combine. Be careful because the liquid splashes.

Serve pears with pareve *ice cream* and caramel sauce.

CHOCOLATE PAVLOVA WITH PEARS, STRAWBERRIES AND CREAM

Serves 8-10

Pavlova

5 large egg whites at room temperature.

Pinch of salt.

1 1/4 cups sugar

5 tablespoons cocoa

2 ounces finely chopped bittersweet chocolate

Toppings

1 1/2 cups non-dairy *whipping cream*

1/2 cup non-dairy *sour cream*

(Tofutti Sour Supreme)

1 teaspoons vanilla

2 tablespoons plus 1 teaspoon sugar

3 cups sliced strawberries and pears

Preheat oven to 250 degrees F.

Line a baking sheet with parchment paper.

Beat the egg whites and salt in a large bowl on medium high speed until foamy, about 2 minutes.

Gradually beat in the sugar 2 tablespoons at a time. Continue beating until whites are stiff and shiny, about 3 more minutes.

Sift the cocoa over the egg white mixture and sprinkle with the chopped chocolate.

Fold to combine.

Spread the meringue into an 8-inch circle on the parchment paper. Make a shallow well in the centre.

Reduce the temperature to 225 degrees F and bake until firm and dry about 2 hours.

Turn off the oven and open the oven door slightly.

Leave meringue in oven 3 hours to cool.

Carefully peel off the parchment paper and place the meringue onto a serving platter.

Beat the *whipping cream*, *sour cream*, vanilla and 2 tablespoons sugar in a large bowl on medium high speed until soft peaks form.

Toss the remaining 1 teaspoon sugar with the strawberries and pears. Top the pavlova with the *whipped cream* and fruit.

Chag Sameach!
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68th year of independence with
a flag raising ceremony.

Thursday, May 12

11:00 am

Ottawa City Hall's Marion Dewar Square,
110 Laurier Ave

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

The bus will leave the SJCC at 10:20 am.



VERED ISRAEL
CULTURAL AND EDUCATIONAL
PROGRAM



Yom Ha'atzmaut

**Celebrate Israel's 68TH Birthday with Israeli food and
fun for the whole family.**

Thursday, May 12 • 5:00 pm – 9:00 pm

Free Admission

Soloway JCC, 21 Nadolny Sachs Private



Event Chair: Shari Silber

Contact: Ella Dagan (613) 798-9818 ext. 243, edagan@jccottawa.com



VERED ISRAEL
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The Florence Melton School of Ottawa Year One begins September 2016

The Florence Melton School of Adult Jewish Learning of Ottawa is part of an international network of schools that seek to inspire, enlighten and challenge adult learners from all segments of the Jewish community to study Judaism seriously and comprehensively.

A project of the Hebrew University of Jerusalem providing a university-caliber, text-based curriculum, the Melton School offers adult learners a two-year program of study. Classes meet once a week on Wednesday mornings from September–December and March–June.

Experience a sample class with Rabbi Steven Garten, Director of the Ottawa Melton School.



Monday, May 9
11:45 am – 12:45 pm



Contact: Roslyn Wollock | 613-798-9818 x254 | rwollock@jccottawa.com

Bach & Brahms A Piano/Cello Concert



Tuesday, May 3

2:00 pm – 3:30 pm
Soloway JCC Social Hall A
Admission: \$10 at the door



Pianist Katherine Addleman and cellist Daniel Parker will perform Johann Sebastian Bach – Sonata in G major BWV 1027 for viola da gamba and harpsichord (cello and piano) and Johannes Brahms – Sonata for piano and violoncello in E minor, Op. 58. These two great masterpieces are linked by Brahms' reverence for Bach. Both pieces will be played and the connection between the two discussed.



Contact: Roslyn Wollock
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Sunday May 29, 9:00 am – 4:00 pm
\$85 per person
(min. of 10 participants required)

Contact: Gail Lief
(613) 798-9818 ext. 303
glieff@jccottawa.com



Happy Passover from the Board and Staff of the Soloway JCC

Understanding the mentality and beliefs of ISIS

Another terrorist bombing in Europe, and another set of tough questions for politicians, pundits and people like us.

Did Belgium ignore signs that the Islamic State (ISIS) was gearing up for the deadly airport and subway attacks in Brussels? Is there anything Western governments should be doing to prevent these kinds of attacks?

Unless we try to understand the mentality and beliefs of ISIS leaders and the men and women they recruit, the answers are incomplete at best.

Getting to the heart of the ISIS world, however, requires more honesty, education and creative thinking than most Western leaders have been willing or able to demonstrate.

Let's start with honesty.

As Robert Fulford wrote in the National Post, "terrorism has led to an embarrassing willingness to avoid clear thinking." <http://tinyurl.com/go2lgjz>

We are so afraid of appearing Islamophobic that we try to downplay the Islamist part of Islamist terrorism.

Fulford cites Raheel Raza, the Pakistan-born Canadian who helped found the Muslim Reform Movement, who says that we must condemn armed jihad as a seventh-century idea that is not applicable in this day and age:

"How hard is it to understand that radical Islamist jihadis have declared war on the West? It means they will find you and kill you wherever and whenever they can."

Yes, there are social elements – including poverty, unemployment and alienation – that motivate terrorists. But we need to understand that the main motivation in most cases is a literal, fundamentalist interpretation of Islam as it was practised more than



BARBARA CROOK
MY ISRAEL

1,200 years ago – and a desire to return to what followers see as the "purity" of that world.

This doesn't mean, by the way, closing our doors to Muslim refugees from Syria, or adopting Donald Trump's dream of banning Muslims from America. But, if we can't even name the nature of this terror, we can't fight it.

That brings us to education.

U.S. President Barack Obama once dismissed ISIS as the "Jayvee" – Junior Varsity – version of al-Qaida. And, as Rukmini Callimachi wrote in the New York Times, one of the reasons European authorities were slow to perceive the dangers of ISIS was that they dismissed it as "a lower-profile branch of al-Qaida that was mostly interested in gaining and governing territory."

<http://tinyurl.com/jn7z93u>

But al-Qaida and ISIS are two very different movements, as Graeme Wood explains in his must-read March 2015 article in The Atlantic, a detailed analysis of ISIS beliefs that includes interviews with some of the movement's top recruiters. <http://tinyurl.com/hhgh8ek>

These beliefs, he says, must be seen "in light of a sincere, carefully considered commitment to returning civilization to a seventh-century legal environment, and ultimately to bringing about the apocalypse."

He stresses the apocalyptic nature of ISIS, and

explains that the ISIS faithful believe "Islam's showdown with an anti-Messiah will occur in Jerusalem after a period of renewed Islamic conquest."

Jesus, Islam's second-holiest prophet, will return to Earth to lead the Muslims in this last battle.

Which brings us to the need for what I'm calling "creative thinking" on the part of world leaders, who need to understand that these beliefs are real and they're not going away.

There are countless disenfranchised young Muslim men who believe, for example, that they will have unlimited sex with 72 virgins in the afterlife, if they become martyrs for Allah.

And ISIS has revived the practice of sexual slavery, which can include sex with children. (In another fine New York Times article, Callimachi reveals that ISIS fighters are routinely handing out birth control pills to the Yazidi women they have captured and enslaved because an obscure ruling in Islamic law states that a man must be sure his slave is not pregnant before he has sex with her; i.e., rapes her).

ISIS followers do not see their actions as brutality, but acts of mercy. One of the recruiters interviewed by Wood explains that ISIS has an *obligation* to terrorize its enemies – Wood describes it as "a holy order to scare the shit out of them with beheadings and crucifixions and enslavement of women and children" – because it hastens victory and avoids prolonged conflict.

We may dismiss or even laugh at these beliefs, but we do so at our own peril. As George Orwell said of Adolf Hitler and fascism, we must not underestimate the appeal of leaders who offer their followers "struggle, danger and death" – a chance to fight on the side of righteousness and, in the case of ISIS, be justly rewarded in the next life.

'Gratitude for the freedoms we are privileged to enjoy'

When I was young, Pesach was the chance to connect with my honorary Bubby and Zayde. Since all our relatives lived in Europe, our Bubby and Zayde were "adopted." They also had their own "real" grandchildren in Toronto, but we often celebrated Passover together.

My Zayde is a survivor of Auschwitz and my understanding of Passover is deeply imbued with the story of his captivity, his struggle to survive, and the miracle of his liberation and of the generosity and love with which he continues to live his life.

Because my extended family in Europe also suffered significant losses during the Second World War, it is no surprise that I identified contemporary European struggles for freedom with those of the ancient Israelites. While I was growing up, this was the only metaphor that mattered.

Later, I saw a second parallel between Atlantic slavery and the enslavement of the Israelites in Egypt. My mother's paternal family is descended from African and Caribbean people who were captured from their African villages and enslaved for generations on New World plantations so that the European economy could be enriched. This link helped to inspire my future doctoral research into human rights, inherited generational trauma, and the need to promote "comparative" rather than "competitive" memory. (Interestingly, in many African languages, the word for slave is the same as the word for stranger.)

Two years ago, I defended my PhD dissertation on the day before Passover. The night of the first seder, I



SARAH WAISVISZ
DISPATCHES
FROM THE
DIASPORA

definitely drank four full cups of wine. The next night, I arrived at the Or Haneshamah community seder looking like I had trekked through the desert for five years – if not 40. I had made it through the narrow waters of the PhD. I had left my *Mitzrayim*, I had *passed* with minor revisions, and found the Promised Land, or so I hoped, that came after the thesis. I joked that I was now free.

But, as each year passes, and despite the parallels I can draw between different experiences, I am struck by the distinction between metaphor and reality. The mitzvah of Passover is to tell, share and teach the story of our ancestors' journey from slavery to liberation and to imagine that we, too, had been slaves in Egypt.

Yet, we haven't been slaves in Egypt or elsewhere. Is it fair to imagine our servitude when, in fact, some members of our community are actually survivors of captivity? And when, additionally, 21 million human beings are currently enslaved? Today, at this moment, approximately 21 million men, women and children are victims of modern-day slavery.

Slavery is distinct from other human rights violations. A person is enslaved if they are forced to work, if they

are owned or controlled by another person, if they are dehumanized, if they are bought or sold as a commodity, and if they are physically constrained or their movements curtailed. Slavery is enforced by abuse or by the threat of abuse. According to Anti-Slavery International (www.antislavery.org), forms of modern slavery include bonded labour, child slavery, early and forced marriage, descent-based slavery, forced labour, and human trafficking.

This Passover, I hope that we can gather with our loved ones, enjoy old and new customs, and delight in welcoming strangers to the table and sharing the story of our peoples' flight to freedom. And I hope that we can also take a moment to feel gratitude for the freedoms we are privileged to enjoy.

What would happen if, during our *seders*, we all sent out a collective prayer for healing to those who are not so fortunate, including those 21 million? How might that be both a powerful addition to the narration of our story of liberation, and an empowering call to further action?

To learn more about ways to incorporate a human rights consciousness to your seder, visit Reconstructionist Rabbinical College's website www.ritualwell.org where you will find many ideas as well as several Haggadah supplements including one dedicated to racial justice by Jews for Racial and Economic Justice (<http://tinyurl.com/jrnwmr7>) and one about fighting modern-day slavery by T'ruah: The Rabbinic Call for Human Rights (<http://tinyurl.com/jyl82nj>).

This column is dedicated to my beloved Bubby and Zayde in Ottawa, who inspire me.

Chag Pesach Sameach.

Music from the former Soviet Union and Israel

Yale Strom & Hot Pstromi Presents
City of the Future: Yiddish Music
from the Former Soviet Union
Arc Music Productions
www.arcmusic.co.uk

In 1931, after the Russian Revolution brought the Soviet Communists to power, but before the Stalinist purges and then the Second World War destroyed the hope and idealism felt by many in the Soviet Union in the years following the revolution, a Russian Jewish composer named Shmuel Vladimirovich Polonski published a songbook of 19 Yiddish songs called “Far yungt (For Youth).”

The songbook was based on Polonski’s musical settings of works by some of the leading Yiddish poets of the day.

Some years ago, Eric Green – who produced this album – came across a copy of Polonski’s book and turned to ethnomusicologist Yale Strom, a violinist and leader of the klezmer group Hot Pstromi, to create a program based on the songs in the book.

Strom arranged the songs for ensembles of varied musicians and enlisted several of the leading singers of



MICHAEL REGENSTREIF
MUSIC

Yiddish song in the world today – including Michael Alpert (Brave Old World), Judy Bressler (Klezmer Conservatory Band) and Elizabeth Schwartz (Hot Pstromi) – to sing them.

Using a musical palette that draws on traditional Russian folk motifs, as well as jazz and classical music, Strom has created a complex and beautiful sounding recording, which is a delight to listen to. If only for the sound of the musicians and singers, *City of the Future: Yiddish Music from the Former Soviet Union* is a tremendous success.

However, the songs themselves need to be appreciated in the context of the times in which they were created. And, thanks to a booklet that provides both the Yiddish lyrics being sung and their English-language translations, one needn’t understand Yiddish to follow what the songs are about.

Idealistic songs like “City of the Future,” the title track, which imagines a prosperous city where all the citizens are thriving and successful; “October,” which pays tribute to the heroes of the revolution; “Girls Sewing at the Machines,” in which young girls working at their sewing machines are educated about the new economic order by one of their fellow-workers; or “Factory Song,” in which workers take tremendous pride in the sounds of factory,

seem so naive when listening through a contemporary sensibility.

David Broza & the Andalusian Orchestra Ashkelon
Andalusian Love Song
Magenta/Eighth Note
www.davidbroza.net

David Broza – one of Israel’s greatest singer-songwriters and guitarists since the 1970s – has long combined elements of folk, flamenco, pop and rock styles to create something that is both universal and uniquely his own.

On *Andalusian Love Song*, Broza teams with the Andalusian Orchestra Ashkelon to create a rich and lush tapestry of orchestrated songs and instrumental improvisations – sung in Hebrew and Spanish with some occasional English – steeped in the musical traditions of Spain and the Middle East.

Among the highlights are “Bedouin Love Song,” a beautiful reinterpretation of one of Broza’s early Israeli hits; “Hello,” with its flamenco guitar motif propelled to new heights by the orchestra; and the several haunting instrumental improvisations featuring either Broza’s guitar or various solo instruments from the orchestra.



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Continued on page 48

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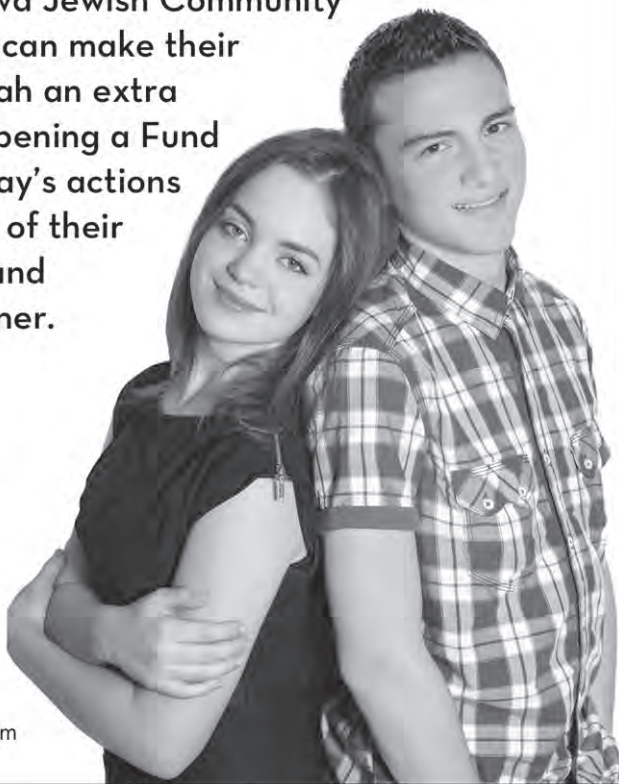
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OTTAWA JEWISH
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Thank you, Ottawa, for so many wonderful opportunities

Just like that, the semester is quickly coming to a close. For me, this year seems to be ending just as soon as it began – this school year, quite literally, having been the quickest yet.

It's hard to believe that my four years in Ottawa have already gone by; I would not change my experiences here for the world.

I would like to extend a huge thank you, Ottawa, for giving me a warm welcome in opening up your doors to me, and for presenting me with the wide breadth of opportunities that I was able to involve myself in over the past four years. This city, small but mighty, has allowed me to grow, mature, challenge myself, open my mind, open my heart, and become a true leader.

Though it is a bittersweet farewell, I truly feel my time here was incredibly well spent. In only four short years, your city has afforded me opportunities to work on Parliament Hill, act as city-wide president of Hillel Ottawa, test the waters in a government agency, and – my personal favourite – writing the Campus Life column in the Ottawa Jewish Bulletin for two consecutive years. I did more in this wonderful city than I ever envisioned and I am so grateful for the opportunities I was able to pursue.

With Passover coming up, and this being my last Ottawa Jewish Bulletin column, I would like to take this final opportunity to remind students of the resources and organizations available to them throughout the



ARIELLE ELLIS
CAMPUS LIFE

*The city radiates a warm,
friendly, cultural atmosphere
in which everyone is made
to feel very much at home.
It is a hub, ripe with
fresh opportunity,
and a great appreciation
for arts, culture, and cuisine.*

holiday. The wonderful Hillel Ottawa and Chabad Student Network (CSN) will be hosting a variety of events to celebrate Passover.

CSN will host its annual Pesach seders for Ottawa's Jewish students and young professionals. CSN is also offering kosher-for-Passover meal plans and trips to the "kosher" Loblaw's for all your Pesach dietary needs.

If you are looking to attend a smaller seder, reach out

to Hillel Ottawa, and you will be connected to one of the many lovely Ottawa community members who have offered to host students at their seders. There is something for everyone this Pesach in Ottawa, so don't be afraid to reach out!

Suffice to say, I really did make the best possible decision in choosing to spend my university career here in Ottawa. It is a unique gem of a city, underrated and under-appreciated by far too many.

A couple of years ago, in one of my first columns for the Ottawa Jewish Bulletin, I referred to Ottawa as "Canada's best kept secret." It really is just that. Ottawa's vibrant and strong Jewish community has so much to offer its students, young professionals, and community members.

The city radiates a warm, friendly, cultural atmosphere in which everyone is made to feel very much at home. It is a hub, ripe with fresh opportunity, and a great appreciation for arts, culture, and cuisine. I will cherish the time that I was fortunate enough to have spent here and will continue to spread the word about Ottawa's compelling nature and welcoming environment.

This city has grown and developed so much – even in just the four years I have been here. It surely has a bright future ahead, and I have every bit of confidence that Ottawa's Jewish community will continue to strengthen and grow even larger.

Secret weapons for getting stronger

Back in the 1970s, my older cousin introduced me to the hilariously irreverent Mad Magazine. Forty years later, I found myself flipping through my teenager's current issue of Mad (which spoofs Donald Trump).

It was spring break and I spent several days basking in the sun on Miami Beach (smeared head-to-toe in sunscreen). While I could've been working out at the condo's gym, I was relaxing and chuckling.

A few short, early-morning runs and one light workout in the gym was all I did that week. I didn't feel guilty. Instead, I posed the question that Alfred E. Neuman – Mad's fictitious mascot – has been asking for decades: "What, me worry?"

Rest is one of the best things you can do for your physical and mental well-being. A question I'm frequently asked is, "How many times per week should I work out?" Whether you've recently made a personal commitment to a healthier lifestyle or you're already fit and athletic, pushing yourself hard every day does not yield optimal results. Sometimes less is more.

The Canadian Physical Activity Guidelines for adults recommends strength training at least twice per week on non-consecutive days and a minimum of 150 minutes of moderate-to-vigorous-intensity aerobic exercise per week.

What's wrong with working out every day? When you engage in weight-bearing exercise, muscle fibres break down – a process called catabolism. You also experience fatigue and depletion of key nutrients.

To strengthen your muscles, you need to 1) stimulate them with exercise; 2) fuel them with nutrition; and 3) rest them. Adequate rest between workouts allows the muscles to rebuild.

The rebuilding process – called anabolism – leads to muscle development. If you don't get adequate rest, you can end up with injuries, psychological burnout or a plateau in your performance. When you exercise, if your



GLORIA SCHWARTZ
FOCUS ON
FITNESS

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muscles are still sore from a previous workout, you haven't allowed for adequate rest.

If you continually challenge your body at appropriate levels and you have adequate recovery from your workouts, your body experiences an adaptive response called supercompensation: the post-training period when your muscles have a higher performance capacity. You can lift heavier loads or do more reps.

Now that you know that rest is an important component of your fitness plan, this is not your licence to become a slacker. Too many days off can set you back and interfere with your fitness results.

An alternative to passive rest (doing nothing) is active recovery. For example, light aerobic activities on your days off from strength training.

Doing lighter weightlifting is not an appropriate strategy for strength trainers as it doesn't allow your muscles to recover. Cross-training – exercises that are different from your normal routine and give your muscles a break – is ideal. Riding a bicycle, jogging, walking, or gentle yoga are a few suggestions. You should perform recovery activities at a low intensity, no more than 40 to 60 per cent of your maximum heart rate. Your heart should not be pounding and you should not be out of breath. If you're a runner and rarely do strength training, light weightlifting is a suitable recovery activity.

Active recovery helps reduce post-exercise soreness known as delayed onset muscle soreness (DOMS). Experts used to believe that lactic acid buildup caused DOMS and that stretching would provide relief. Current thinking is that DOMS is the soreness caused by normal fibre breakdown of the exercised muscles, and that the recovery benefits of post-workout stretching are anecdotal.

The body's response to muscle fibre breakdown is a biochemical healing process characterized by internal inflammation and swelling. The healing process is slow. That's why you typically feel the soreness a day or two after an intense workout or new exercises to which your muscles are unaccustomed.

Active recovery increases blood flow and helps with the clearance of metabolic waste products responsible for muscle damage and residual fatigue. Active recovery also delivers more nutrients to the affected tissues.

Muscle soreness should neither be regarded as a badge of honour nor something to try to achieve. Instead, avoid DOMS by easing into new exercises and increasing the weights slowly over time so your muscles can adapt. If you experience soreness and it doesn't go away after a few days, you may have an injury.

In addition to an appropriate exercise program, sound nutrition and the right balance of passive rest and active recovery, getting sufficient uninterrupted sleep on a regular basis is sometimes overlooked as key to building strong muscles.

Novels set in contemporary Israel and historical St. Thomas

A Remarkable Kindness

By Diana Bletter

William Morrow Paperbacks
416 pages

Preparing the dead for burial is considered one of the greater mitzvot because nothing is expected in return for the kindness offered. Members of the Chevra Kadisha (burial society) treat the bodies with great respect as they wash them and prepare them for burial. In her novel, *A Remarkable Kindness*, Diana Bletter uses membership in a Chevra Kadisha to tie together the stories of four American women living in Israel.

The impetus for making aliyah was different for each of the women.

Aviva first left the United States to work as a spy in Europe before moving to Israel permanently. However, she must endure the loss of her eldest son, who was killed during his army service.

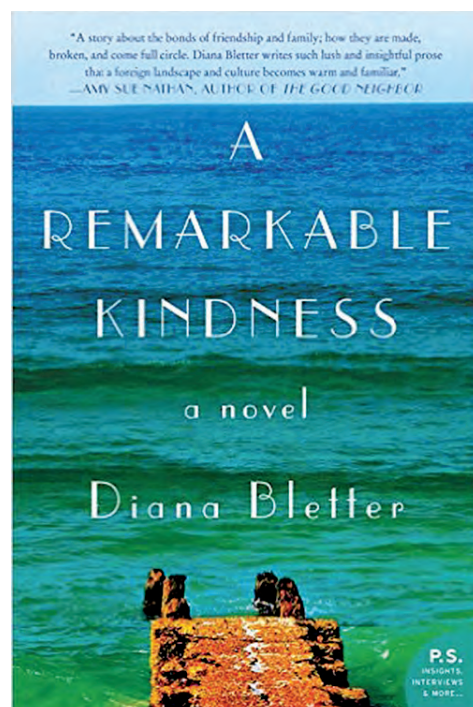
Lauren left her beloved Boston only after getting pregnant and marrying an Israeli; she still pines for the world she left behind.

Emily follows Lauren, her best friend, to Israel after a painful divorce and hopes to create a new life for herself.

Rachel, a college student, wants to make a difference in the world, something she believes can happen only in Israel.

Most of the plot deals with daily life: falling in and out of love, balancing family and a career, creating a home in a place that feels foreign, in addition to coping with the dangers of living in a land under attack by its neighbours. The author does a wonderful job creating three-dimensional characters. Readers will feel for these women as they try to adjust to difficult circumstances and learn from their mistakes. The fact that they are far from perfect makes them come alive – whether or not one agrees with their actions.

A Remarkable Kindness addresses some of the problems faced by Israeli society – from men who come back



mentally and physically harmed by their time as soldiers to the plight of Israeli Arabs – but the focus is intensely personal. The novel will appeal to reading groups and readers may find that, by the time the story ends, these women will feel like old friends.

The Marriage of Opposites

By Alice Hoffman

Simon & Schuster
384 pages

The Jews living on the island of St. Thomas in the 1880s were grateful to have found a haven where their customs are tolerated. Most were refugees whose

ancestors were expelled from their homes in Europe during the Spanish and Portuguese Inquisitions. Some members of the community have family in Paris, a place that Rachel Pomié, one of the main characters in Alice Hoffman's *The Marriage of Opposites*, longs to visit. However, Rachel is a troublesome child: she prefers the company of her family's black maid, Adelle, and Adelle's daughter, Justine, to the members of the Jewish community.

Of the several characters the story follows, the volatile Rachel is the most interesting. It's difficult to talk about her actions without giving away the plot, but some basic details include an arranged marriage, a passionate love affair after the death of her husband and an opportunity to fulfil her childhood dreams.

Part way through the novel, the narrative begins to focus on one of Rachel's sons, Jacobo Camille Pissarro, who will become Camille Pissarro, an impressionist painter. Like Rachel, he has a passionate nature and seems unable to follow family expectations. His rebellion forces a wedge between him and his mother, even when he tries to follow the prescribed path.

The problem with *The Marriage of Opposites* is that the many points of view – which focus on different members of the family – didn't always fit together comfortably. The novel also has a touch of magical realism that sometimes feels out

of place. However, it does contain wonderful descriptions of life on St. Thomas. Plus, in Rachel Pomié, Hoffman has created a great character – one so powerful the others pale by comparison.

Editor's note: Author Alice Hoffman based the characters cited in this review – Rachel Pomié and her son, artist Camille Pissarro – on real people. In an interview, Hoffman said writing this book was “a process of layering fact and fiction. I want all the historical references to be correct, but I am also creating characters, both the ones based on historical characters and the ones who are completely imagined.”

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WHAT'S GOING ON | April 18 to May 8, 2016

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

The list of Passover events is current to the Bulletin deadline. For an up-to-date listing, visit <http://jewishottawa.com/passover>

MONDAY, APRIL 18

Chocolate Seder for Youth (Grades 6-12):

If you like chocolate, this is the event for you!

Temple Israel, 1301 Prince of Wales Dr., 6:30 pm.

Info: Sue Potechin, 613-224-3133, tirs@templeisraelottawa.ca

FRIDAY, APRIL 22

The OTC Pesach Seder:

Experience an inspiring traditional seder conducted in Hebrew and English in a warm and friendly atmosphere hosted by Rabbi & Dina Blum at OTC.

Ottawa Torah Centre, 111 Lamplighters Dr., 7:30 pm.

Info: Rabbi Mendel Blum, 613-843-7770, rabbi@theotc.org

Passover Seders for students, young professionals:

Rohr Chabad Student Network of Ottawa is sponsoring Passover Seders, led by Rabbi Chaim Boyarsky.

Chabad House, 59 Sweetland Ave., 7:30 pm.

Also Saturday, April 23, 8:30 pm.

Info: Rabbi Chaim Boyarsky, rabbichaimb@gmail.com

SATURDAY, APRIL 23

Temple Israel Second Night Family Seder: Rabbi Robert Morais will lead a second night Seder geared to all generations. All encouraged to take an active role.

Temple Israel, 1301 Prince of Wales Dr., 6 pm.

Info: Catherine Loves, 613-224-1802, cathy@templeisraelottawa.ca

WEDNESDAY, APRIL 27

Bora Laskin: The Making of a Great Canadian:

The Bora Laskin Law Society presents its fifth anniversary lecture with Prof. Philip Girard, author of "Bora Laskin: Bringing Law to Life," 7:00 pm.

RSVP: Tamara Mosher-Kuczer, laskinsociety@gmail.com

SUNDAY, MAY 1

Books and Bagels Book Review and discussion:

Howard Alper reviews "The City of Abraham, History, Myth and Memory" by Edward Platt.

Temple Israel, 1301 Prince of Wales Dr., 9:30 to 11:30 am.

Info: Shayla Mindell, 613-224-1802, shaylamindell@rogers.com

Multifaith Housing Initiative Tulipathon:

A 3.2-km walkathon where faith communities come together in support of affordable housing.

Commissioner's Park across from the Dow's Lake Pavilion; entrance at Carling and Preston, 2:30 pm.

Info/pledge form: Sahada Alolo, 613-686-1825, mhi.sahada.alolo@gmail.com

TUESDAY, MAY 3

Bach and Brahms A Piano/Cello Concert:

with Katherine Addleman and Daniel Parker, 2 pm.

Info: Roslyn Wollock, (613)798-9818 ext. 254, rwollock@jccottawa.com

Yom HaShoah Commemoration Ceremony 2016:

Keynote Speaker: Robbie Waisman, a survivor who is active with March of the Living. The OJCS choir will perform, 7 pm.

Info: Bram Bregman, 613-798-4696, ext. 246, bbregman@jewishottawa.com

WEDNESDAY, MAY 4

Health and Social Policy:

Is This Really Distinct from Economic Policy? with Sharon Sholzberg-Gray, who speaks and writes extensively about legal, health and social issues, 1:30 pm.

Info: Ella Dagan, 613-798-4696, ext. 243, edagan@jccottawa.com

THURSDAY, MAY 5

National Holocaust Remembrance Day Ceremony:

Organized by the Canadian Society for Yad Vashem.

Canadian War Museum, 1 Vimy Place, 3:30 pm.

Info: Miriam Perl, 416-785-1333, miriamperl@hotmail.com

CANDLE LIGHTING BEFORE

FIRST DAY OF PESACH	EIGHTH DAY OF PESACH
APRIL 22 7:38 PM	APRIL 29 7:47 PM
SECOND DAY OF PESACH	MAY 6 7:56 PM
APRIL 23 after 8:40 PM	MAY 13 8:04 PM
SEVENTH DAY OF PESACH	MAY 20 8:12 PM
APRIL 28 7:46 PM	MAY 27 8:19 PM

BULLETIN DEADLINES

WEDNESDAY, MAY 4	FOR MAY 23
WEDNESDAY, JUNE 1	FOR JUNE 20

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:

Barbara Greenberg

Elie Hamburg, Montreal
(father of Lyon Hamburg)

Hinda Ritter, Winnipeg
(sister of Elsa Swedko)

Alice Schwarcz, Montreal
(sister of Tom Diamantstein)

**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.*



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