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# OTTAWA JEWISH BULLETIN

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## Brandon Fathi's 'summer of a lifetime'

Being legally blind with extremely limited sight was not an impediment for one enthusiastic and athletically inclined youngster this summer at Camp B'nai Brith. **Michael Aarenau** reports.

**W**hen the doctor told Michelle Pulvermacher and Michael Fathi that their son, Brandon Fathi – just a few months old at the time – was legally blind, Pulvermacher had no idea what lay ahead. One thing was certain, though, she didn't expect to ever see her son water-skiing. Brandon, one of three triplets, was born weighing just two pounds and 14 ounces and had retinopathy of prematurity, which required laser surgery. Scar tissue from the surgery left him legally blind,

with Brandon only being able to see out of a small hole in the corner of his eyes. Pulvermacher compares this to looking through a "permanently broken windshield." Now nine years old and about to start Grade 5 at the Ottawa Jewish Community School (OJCS), Brandon attended Camp B'nai Brith of Ottawa (CBB) for the first time this summer and participated in activities his mother never thought possible. **See Brandon on page 2**



Brandon Fathi waits at first base during a game of kickball at Camp B'nai Brith of Ottawa.

## Opinion: Green Party vote puts Elizabeth May in difficult position

BY MICHAEL REGENSTREIF  
 EDITOR

**E**lizabeth May may or may not (pun intended) be the leader of the Green Party of Canada by the time you read this issue of the Ottawa Jewish Bulletin.

May – the party's long-time leader and the only federal MP ever elected under its banner – was put in an awkward, difficult and, in my opinion, unsustainable position at the party's convention this month in Ottawa when it voted to support the boycott, divestment and sanctions (BDS) movement against Israel despite May's fierce and often-stated

opposition to the movement.

In June, when it emerged that the proposal to support BDS had been put forth for the convention, May told many media outlets – including the Bulletin – that she would oppose the proposal at the convention.

And May, who was supported by 93.6 per cent of the Green Party membership in a leadership review earlier this year, did stand firmly against BDS at the convention, noting she believes the BDS movement is "polarizing, ineffective, and unhelpful in the quest for peace and security for the peoples of the Middle East," adding, "I will continue to express

personal opposition to BDS."

May's position is untenable because the Green Party membership – or at least the majority of voting delegates at its national convention – knowing her strong feelings on the BDS issue, put her in the position of having to represent a party platform containing a policy with which she fundamentally disagrees.

And, indeed, May now says the Green Party's BDS vote calls into question whether she can stay on as party leader. In a revealing CBC radio interview that was scheduled to air August 13 on "The House," but posted online in advance, **See From the Editor on page 7**



Green Party Leader Elizabeth May

**inside:** Jason Moscovitz on appreciating Canada through Israeli eyes > p. 7

PJ Library expands to include children up to age 8 > p. 14

Barbara Crook on Ottawa's bond with the Upper Galilee > p. 25

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# Brandon: CBB counsellors inspired by ‘amazing kid’

Continued from page 1

According to CBB Assistant Director Cindy Benedek, Brandon didn't just grow, he thrived, at camp.

At CBB, Brandon made numerous friends, with many affectionately referring to him as “The Great Brandini” and “Raisin Bran.” His A-Boy cabin-mates often vied for Brandon's attention to play cards or catch with them.

Despite being legally blind, Brandon enjoys playing sports and keeping active. His favourite sport to play is basketball and he can throw a perfect spiral in football. During a game of kickball during this reporter's visit to CBB, Brandon effortlessly got himself onto first base. But his most unexpected and spectacular accomplishment at CBB was water-skiing.

Brandon could be seen beaming from ear to ear as the staff cheered him on as he smoothly glided over the waves.

“The waves go over your head and it's just so cool,” Brandon said excitedly.

His counsellor, Daniel Marrache, says Brandon's positive attitude is incredibly inspiring.

“He's an amazing kid, and I absolutely adore him,” Marrache said. “It's really a gift to have his mentality ... where you do anything you put your mind to and you just have fun with it.”



Brandon Fathi water-skiing at Camp B'nai Brith of Ottawa.

These sentiments were echoed by Cody Miller, another of Brandon's counsellors. “Brandon always has a positive

attitude and is always eager to try new things, and I know that his incredible outlook on life has touched all of us here

at CBB,” Miller said.

Benedek says that providing kids like Brandon with magical summer experiences is what CBB is all about.

“Our goal as a camp is to have children experience a wide variety of new activities, and to be able to give that to a child like Brandon is absolutely incredible,” Benedek said. “It's been truly a pleasure watching Brandon experience so many different things for the first time and it really gives us a lot of pride that our staff took the time and energy to really give him the summer of a lifetime.”

Pulvermacher, who attended CBB herself as a youth, said she always wanted Brandon to have the same amazing experience she did, so when he asked to go to camp with his friends from OJCS, she knew CBB would take good care of him.

“I like it a lot at CBB,” said Brandon. “Everyone treats me so nicely.”

Brandon says he's eager to return to CBB next year.

And, still eager to keep active after his return from CBB, Brandon also participated in the Soloway Jewish Community Centre's Travelling Sports Day Camp this summer – again proving there was no holding him back from any activity he wanted to pursue.



**Tamir visits Camp B'nai Brith:** A great time was had by all, August 3, when Cantor Daniel Benlolo and 24 Tamir participants spent the day at Camp B'nai Brith of Ottawa for their fourth annual summer visit. The Tamir participants joined campers to enjoy arts and crafts, swimming, boat rides, singing and dancing.

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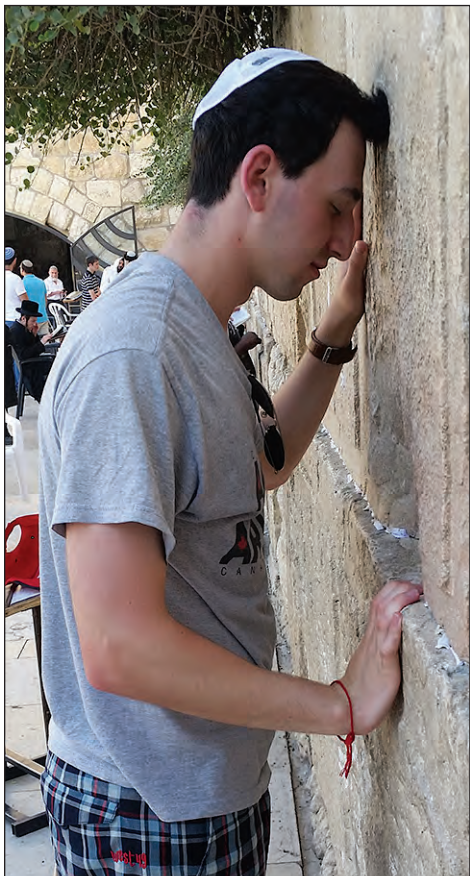
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# Israel: 'A place every Jew can call home'

**Taglit Birthright Israel** is a program that offers free trips to Israel to young Jewish adults between 18 and 26 years of age. Ottawa Jewish Bulletin summer intern/reporter **Michael Aarenau**, a Carleton University student, recently visited Israel for the first time on a Birthright trip and offers some reflections.

**W**hen I boarded the plane for my 10-day Taglit Birthright trip to Israel, I had no idea what to expect. I knew a fair bit about Israel, but had yet to experience the country personally.



Michael Aarenau prays at the Western Wall, the last remnant of the Second Temple in Jerusalem.

In Israel, I met a lot of fellow Jews from many different backgrounds and with varying levels of religiosity. Some had parents from Morocco, while others had parents who had fled the Former Soviet Union. The one thing they had in common – that we all had in common – was a place of refuge, a Jewish homeland: the State of Israel.

To me, that's what Israel is all about: Jewish security. In a world where Jews are targeted just for being Jewish, there is a need for a place in which we can seek refuge. While Israel is far from the safest place on Earth, it's a place every Jew can call home.

I saw why so many people love Israel so much. Hiking up Masada to watch the sun rise, haggling with merchants in the Jerusalem shuk, walking through the crowded Tel Aviv downtown core at midnight, praying at the Western Wall, and tasting some of the most flavourful foods I've ever eaten, I saw how Israel truly offers something for everyone.

Unfortunately, though, it comes at a price. Since its founding, Israel has been attacked countless times by Arab neighbours who simply did not accept its right to exist. While some things have changed for the better – including lasting peace treaties with Egypt and Jordan – there are still many groups threatening Israelis and Israel's very existence.

Near the end of my trip to Israel, we climbed up Mount Herzl, where I gazed upon the many graves of Israeli soldiers killed while defending the State of Israel.



Michael Aarenau enjoys the view from the top of the Umayyad Palace, a series of public buildings erected around the Temple Mount by the Umayyad rulers in Jerusalem during the 7th and 8th centuries CE.

Many of them were just 21 years old when they were killed – the same age I am now – or even younger. There is almost nothing more sobering than realizing so many people never had a chance to grow up because they died defending their country's very right to exist.

I also visited the grave of Yitzhak Rabin, the Israeli prime minister assassinated by a right-wing Jewish extremist simply for daring to work towards peace with the Palestinians. Between Israel's occupation of the West Bank nearing the 50-year mark, with Jewish settlements continuing to expand, as well as the continued incitement to violence against Israelis by Palestinian leadership, and the Palestinians' lack of acceptance of Israel's right to exist peacefully, Rabin's vision for peace seems like a far too distant memory.

On my last day in Israel, the Birthright Israel organizers asked what we had taken away from the trip. While the goal

of Birthright is to connect young people with Israel and enhance our Jewish identities, I already felt that connection and had a strong Jewish identity before I left for Israel.

I was raised with a strong understanding of my Jewish roots. I graduated from Yitzhak Rabin High School and, as a vice-president of Hillel Ottawa's Israel Awareness Committee, I already had knowledge of Israel that many of my colleagues were lacking when they boarded the plane for our trip. But the trip did afford me the opportunity to finally experience Israel personally – to see the sights, to experience the ancient and modern history, and to meet Israelis and hear their stories. So, while I had always felt a strong connection from afar, there's nothing more eye-opening than experiencing the real thing.

Registration for winter Birthright Israel trips opens on September 12. For more information visit [www.israelforfree.com](http://www.israelforfree.com).



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A redacted passage from "Akedat Yitzhak" Isaac Ben Moses Arama from the Jacob M. Lowy Collection at Library and Archives Canada.

LIBRARY AND ARCHIVES CANADA

## Sixteenth century Jewish text restored by Library and Archives Canada

BY MICHAEL AARENAU

After almost 200 hours of meticulous restoration work by the Library and Archives Canada Preservation Centre, the Jacob M. Lowy Collection's 16th century copy of "Akedat Yitzhak," a Jewish philosophical text written by Isaac Ben Moses Arama, can finally be accessed by the public and read nearly in full, uncovering the words that were kept secret for so long.

Arama (1420-1494), a Spanish rabbi and philosopher, lived at a time when Jews in Spain were forced to hear sermons that would try to convert them to Christianity. In order to counteract this, Arama gave sermons of his own that espoused the values of Judaism. These sermons would go on to form the basis of "Akedat Yitzhak," his best known work.

According to Library and Archives Canada's Lowy Collection curator Leah Cohen, 38 pages of the text were redacted by Catholic Church censors charged with covering up any aspects deemed heretical to Christianity.

Unfortunately, the censors used iron gall ink to censor the passages, which, due to the corrosive nature of the ink, had begun to oxidize over the years, resulting in the erosion of some of the book's passages. This made professional treatment of the book's pages absolutely necessary to save the text.

Using state of the art methods, conservator Manise Marston, treated the text

with Berlin tissue and a gelatin-based adhesive, stabilizing the corroded areas and greatly slowing down the degradation process.

The Lowy Collection's copy of the text contains the signatures of three different censors, and Cohen is particularly excited to compare this book to the other copies in other collections across the country to see which censors were in charge of the other copies, how their redactions differed and why.

Cohen says these revelations have opened up an opportunity to enrich our understanding of the past.

"We're uncovering a piece of the puzzle to better understand the nature of censorship," Cohen said.

While Cohen estimates there are about 40 other censored books in the Lowy Collection, she's not in a rush to have them treated because their pages aren't being corroded by the ink. There are other more pressing pieces in the collection she has to attend to with regards to conservation.

In the meantime, interested individuals are welcome to visit the collection and view the newly restored "Akedat Yitzhak" text, along with the other Jewish texts dating from the 15th to 20th centuries that are preserved in the Lowy Collection.

The oldest piece in the collection is a Latin translation of Josephus' "The Jewish Wars" and "Antiquities" that were bound together and published in 1470 and, ironically, preserved by the church.

# Survey will help tailor programs and services for young families

BY MICHAEL REGENSTREIF  
EDITOR

**T**he Jewish Federation of Ottawa has conducted an extensive survey of families with young children to determine levels of community engagement among these families.

Using information gleaned from the 2011 National Household Survey, Federation estimated there were about 600 families in Ottawa's Jewish community with at least one child under age six and used a variety of methods to reach out to those families and ask them to participate in the survey – which was conducted in April by a third party, Measuring Success, a Washington, D.C. firm specializing in data analysis for non-profit organizations and foundations. Measuring Success has worked extensively with Jewish communities in Canada and the United States.

The cost of conducting the survey and engaging the services of Measuring Success was covered by donors.

Extensive efforts were made to identify families with young children and invite them to participate in the survey, which was conducted online.

Drawing on lists of families participating in PJ Library and other programs in the community for young children, as well as social media, e-blasts and personal contacts, Federation was able to identify 415 families in the Jewish community with young families. It also identified a number of “key connectors,” people in the community, parents with young children themselves, who were able to reach out to other families and encourage them to participate in the survey.

Among the key connectors was Stacy Goldstein, director of family and youth programming at Congregation Machzikei Hadas and a Federation Board member, and a parent with young children.

Goldstein said conducting the survey was important because the data will help Federation, congregations, schools and other organizations serving young families make better decisions on how to allocate resources and design programs.

Goldstein said she reached out to contacts among families with young children to invite them to participate in the survey and was impressed by the “incredible response rate,” noting that almost every family she contacted participated in the survey.

Daniel Chiat, vice-president of Measuring Success, noted the response rate of about 50 per cent of the families with young children in the community was almost unprecedented for surveys of this type; while Bram Bregman, Federation vice-president of community building, said the response rate “shows



Stacy Goldstein, one of the ‘key connectors’ who encouraged participation in the survey.

how much families want to connect with the community.”

Of the 415 families Federation was able to identify (of the estimated 600 in the community) there were 322 responses from 295 households (in some cases, each parent responded).

The survey revealed data in a variety of areas including perceptions on how welcoming the community and its various institutions are as well as on satisfaction rates for programs that are offered to young families and on how such factors as cost (and financial incentives), distance, class sizes, etc. may affect decisions on whether or not to participate in programs and whether or not families will recommend programs and institutions to others.

The survey also showed the distribution of young families by neighbourhood, religious denominational affiliation, family income, and the differing perceptions of respondents depending on such factors.

For the record, 28 per cent of families with young children identified as Conservative, 23 per cent as Orthodox, 13 per cent as Reform, eight per cent as secular, and seven per cent as other. Quite interestingly, another 23 per cent identified as “just Jewish.”

The survey also showed that families with young children in the community are spread out throughout the city and suburbs – a situation that is very different from generations ago when Ottawa's Jewish community was concentrated in Lowertown and neighbouring Sandy Hill and virtually all Jewish institutions were within walking distance of home.

Reports on how the survey data affects each of Ottawa's schools, congregations and agencies offering programs for young families is being shared confidentially with them so that each can make use of the data to better serve their constituencies. For example, a particular congregation will receive the specific data as it pertains to that congregation, but not the data for other congregations.

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FEDERATION  
REPORT



SHAWNA DOLANSKY, ANNUAL  
CAMPAIGN KICKOFF CO-CHAIR

When Donna and Bernie Dolansky moved to Ottawa in 1973, they only knew a handful of people.

Volunteering within Ottawa's Jewish community was the gateway to forming many friendships that are still going strong 43 years later. My siblings and I grew up in the cradle of this community. Now my sister and I find ourselves sharing the community with our own husbands and children as the torch is being passed (though my parents haven't quite let go of it yet). So the Jewish Federation of Ottawa Annual Campaign theme this year is particularly apt for us: Our Community, Our

## Something different for Kickoff: An inspiring keynote speaker in the evening and concert for young families in the afternoon

Responsibility, Our Future.

We are honoured to be named as co-chairs of the Kickoff to the 2017 Annual Campaign – Bernie and Donna Dolansky, Gillian (née Dolansky) and Neil Presner, and my partner Grant Overland and I. My sister's family and my own are so grateful to the visionaries of our parents' generation who built and sustained our community and now we're seeking the support and partnership of those who will carry it into the future.

We wanted to do something different for Kickoff this year: to appeal to the steadfast core of community donors with a strong and inspiring keynote speaker, but also include young families whose time and energy are so consumed with balancing careers and children. And so, we thought – why not have two events?

We designed the day with our own families in mind.

On September 18, there will be a Judy

and David concert for my three little nieces (with snacks! My sister was very insistent on snacks) at 3 pm in the gym of the Ottawa Jewish Community School. Nancy Spielberg will speak at 7 pm at the Soloway Jewish Community Centre, and her documentary film, "Above and Beyond," will be shown for my teenagers and those of us adults who can stay up past 9 pm – so that every generation can be touched and inspired to be part of this dynamic, generous, and strong community in which we are so fortunate to live.

The Federation has been making great efforts to bring the emerging generation into the fold so that the community can remain as strong as it has been in the past. There is now a core of younger people – like my sister and brother-in-law – who are becoming increasingly involved in community causes. But not everyone has the financial ability, or the

time, to give to the community. One particular message that I personally would like to bring to the campaign this year, is that every little bit counts. We don't all have the resources our parents did, but that doesn't mean we can't help: \$36 subsidizes one child to attend day camp for a day; \$120 provides one counselling session for a bullied child or child in crisis; \$216 supports one Tamir participant in their therapy program; \$280 provides feeding assistance at Hillel Lodge for one week.

Same with donating time: a little time can make a big difference. My son's intermittent volunteer work at Tamir made a significant difference in the lives of the people he worked with, as well as positively influencing his own sense of responsibility and ability to help others.

The Federation is grateful to *all* of our donors, big and small, for the time and money you contribute to sustaining and strengthening our community. We hope you will all join us at Kickoff on September 18 to celebrate all we achieve with your donations, and to help us look forward to another year of giving.

Tickets are available at [jewishottawa.com](http://jewishottawa.com). The afternoon event is \$10 per household. The evening event is \$10 per individual or \$20 per household. For more information, contact Rena Garshowitz at 613-798-4696, ext. 241, or [rgarshowitz@jewishottawa.com](mailto:rgarshowitz@jewishottawa.com).

FROM THE  
PULPIT



RABBI ELIZABETH BOLTON  
OR HANESHAMAH

The Shabbat that precedes Tisha B'Av, which was observed on August 14 this year, offers a particular spiritual opportunity.

Some *shlichey tzibur*, service leaders, maintain the old tradition of importing a melody from the chanting of Eichah, the Book of Lamentations, read during the fast day that marks the destruction of the Temples, into the singing of the Shabbat hymn "Lekha Dodi." The mournful tune echoes in stark contrast to both the sounds and mood typically associated with Kabbalat Shabbat, and with the welcoming of Shabbat *ruach*, the spirit of rest and renewal.

How can we integrate this juxtaposition? By first noting that, as with all moments of transition, there exists some

## Does Shabbat ever change?

anticipation of what is to come, as well as a welter of thoughts and feelings about the moments we have already experienced.

We also note the beginning of a sequence of special Shabbats, beginning with Shabbat Chazon, from the first word of the haftarah reading: vision. This is followed by seven weeks of prophetic consolation with special haftarah readings of comfort, beginning with Shabbat Nachamu, which begins "Have comfort my people."

This Shabbat sequence brings us right through the month of Elul, the month of preparation for the High Holy Days, and towards Rosh Hashanah and Yom Kippur. It is not coincidental that, at the end of reading the Book of Lamentations, we repeat its second to last line: "turn us to you and we will return," pledging we will do *teshuva*, the perpetual returning; "renew our days as of old," allow each moment to be as fresh and as present as what we might long for from before.

Does this answer our question: does Shabbat ever change? Should it, can it, be static? How can it, or should it, hold the specific mood of a given week, or commemoration?

This year, Shabbat Nachamu falls on August 20, the weekend of Ottawa's Pride Parade. That Shabbat, Or Haneshamah, our Reconstructionist

congregation, meets outdoors, with a bright rainbow flag featuring a Magen David in the middle, marking our presence at a lovely spot on the Rideau River. We follow our Pride Shabbat by marching in the parade the next day, proud of our community and our movement's leadership in this realm.

And yet, looking back on the tremendous progress across this country, and more recently in the United States, for Lesbian, Gay, Bisexual, and Transgender (LGBT) rights, there are mixed emotions. Pride to be sure, yet a great deal of loss and suffering as well.

To go back, to go forward, to be reluctant to leave this moment, yet to need to embrace the next one, and the next ... May this be the gift, and the challenge, of all our Shabbats. We can relate to Shabbat Chazon as a Sabbath of seeing, and appreciating, and celebrating, where we are, right at this blessed moment. Shabbat Nachamu can serve to remind us that we are always held; that the grace of community can be a healing balm, and that progress and change are always possible.

"Lekha Dodi," the beautiful piyyut of Erev Shabbat, has the capacity to hold the past, the present and the future. And Shabbat itself reminds us that practising its rituals with regularity can still hold change.

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FROM THE EDITOR



MICHAEL REGENSTREIF

Continued from page 1

May said she was “heartbroken” and would spend an upcoming vacation thinking about whether she can continue as leader and consulting with her family about her future.

May added that representing her constituents – she is MP for the West Coast riding of Saanich-Gulf Islands – was a much higher priority for her than being leader of the Green Party and that a decision to step down might come very soon.

“I would say, as of this minute, I think I’d have real difficulties going not just to an election but through the next month,” May said. “There are a lot of issues I want to be talking about with Canadians, and this,” referring to BDS, “isn’t one of them.”

This past February, the House of Commons passed a resolution con-

## May is right: Anti-Israel policy is ‘polarizing, ineffective, and unhelpful’

demning the BDS movement against Israel. The resolution was supported by the governing Liberals and the Conservatives, now the official Opposition, while the NDP voted against. May, herself, did not show up for the vote in the House.

In the debate preceding the vote, NDP members and May spoke against the motion, saying the motion itself was an attack on freedom of speech and dissent while stressing their opposition to BDS and their support for a two-state solution to Israel’s conflict with the Palestinians.

May is absolutely correct in recognizing BDS as “polarizing, ineffective, and unhelpful” in the quest for a solution to the conflict. For one thing, it puts 100 per cent of the onus for the lack of progress in the peace process on Israel and completely absolves the Palestinians of any responsibility.

While the case can certainly be made that certain policies of the current Israeli government stand in the way of progress toward a solution, there are also policies and actions – including incitement to

violence and glorification of terrorists – of the Palestinian Authority which, perhaps, do even more damage to the pursuit of peace.

At least Israeli Prime Minister Benjamin Netanyahu keeps calling for direct negotiations with no pre-conditions between Israel and the Palestinians, while Palestinian Authority President Mahmoud Abbas keeps refusing to even come to the negotiating table.

And let us not forget the Palestinians have walked away, refusing further negotiations, when offered peace agreements by previous Israeli governments.

And let us also not forget that Gaza is governed by Hamas, a terrorist group that rejects peace and compromise with Israel.

Groups that advocate for peace between Israel and the Palestinians – for example Peace Now, J Street, the New Israel Fund, etc. – reject BDS as a tactic for the same reasons cited by May: the tactic is “polarizing, ineffective, and unhelpful.”

While some BDS advocates sincerely believe that BDS is simply a tactic to push Israel toward a peace settlement with the Palestinians (May said she thought that was what motivated its support in the Green Party), the reality is that support for BDS comes primarily from anti-Zionist individuals and groups seeking to delegitimize the State of Israel as the Jewish homeland.

And that brings us to the issue of anti-Semitism. As renowned human rights activist Irwin Cotler, a former justice minister of Canada, has pointed out, there is a “new anti-Semitism,” in which Israel is targeted as “the collective Jew” among the nations.

BDS, which singles out Israel, is an aspect of the new anti-Semitism. It is a tactic not meant to bring the sides together; it is meant, as May points out, to polarize them, to drive them further apart.

Even U.S. Senator Bernie Sanders, a harsh critic of the current Israeli government, rejects BDS and points to its inherent anti-Semitism.

So, what will happen with Elizabeth May? Will she stay on as leader or resign? Will she stay in the party or cross the floor? Could a post in Prime Minister Justin Trudeau’s cabinet be in her future?

And, if she does resign as party leader, will there be a future for the Green Party of Canada?

IDEAS AND IMPRESSIONS



JASON MOSCOVITZ

I have so enjoyed this truly beautiful summer. As the world endures ghastly terrorist attacks, and as the American election is about choosing between pretty bad and much worse, I have put every worldly concern aside to concentrate on a huge ray of sunshine in my life: my family.

It is rare to see all four Richard-Moscovitz children in the same place at the same time. This summer, not only could I say all of them were here at the same time, but so too were two grandchildren, and three sons-in-law, two of whom are Israeli while the third is American.

To make their time in Canada even

## Appreciating Canada through Israeli eyes

more special, my daughter Hannah’s extended Israeli family came too: her mother-in-law, two brothers-in-law and a sister-in-law. Not to be outdone, my son-in-law from New York came with two of his brothers.

The cottage that I contemplated selling all winter was just what I needed. Between Ottawa and the cottage, everyone found a place to sleep, and I was assured those extra mattresses I always kept at the lake for just such an occasion were very comfortable.

Israelis dream of fresh water lakes, and it was astonishing to see their eyes light up when they saw mine. To draw an accurate picture, I have to say my place is quite modest and the lake is on the small side. While there is nothing majestic about the lake, to my Israeli visitors, it was heaven on earth.

They couldn’t wait to canoe and swim. The first excursion in the canoe and pedal boat was to a huge set of rocks on the east side of the lake where the best swimming is – where the rocks were created for jumping into the water.

A sight and sound to remember forever came from three Israelis canoeing for the first time. With no wind, no waves and no strong lake currents, the first-timers could canoe with no danger and easily managed to rapidly get where they wanted to go. Watching the gusto with which two of them paddled, while the third sat in the middle and laughed, you had to think you were seeing a special, once-in-a-lifetime moment.

They looked and sounded like cowboys. They resembled speedy horseback riders heading out on the trail into a beautiful sunset. The Israelis’ trail was about fulfilling dreams.

To put that in perspective, my daughter’s mother-in-law hadn’t been outside Israel for more than 20 years. She had to get a passport to make the trip. She is a woman who spends her days exploring nature in the Jerusalem Forest. For this nature lover, exploring Canada on a lake in a canoe was a cherished moment.

When we jumped off the rocks and began swimming, they couldn’t believe

how beautiful, how refreshing, the water was. We used Styrofoam noodles to stay afloat, talking and laughing in the water for more than an hour. Their exuberance taught me to never take Canada’s natural, abundant beauty for granted. A visitor’s eyes often change how you see things.

When we got out of the water, my daughter’s youngest brother-in-law told me his friends in Israel would do anything to swim in a fresh water lake as he had just done. For this 20-year-old, the vacation in Canada was a 10-day break from military service. He is in the Israeli air force stationed in Haifa. With advanced technology, he watches the skies to ensure there are no missiles, drones or fighter jets coming from enemy skies.

The visitors brought our families so much closer. For me, it was an especially beautiful moment to see my two grandchildren get to know me and each other. The Israeli grandson, Shalev, will be two years old in January while my American granddaughter, Beatrice, will turn one in November.

My highlight: supper at the cottage with the two grandchildren at the table for the first time. I looked across at them and instantly knew how special the moment was.



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# Rubin Friedman's humour columns compiled in new book

BY MICHAEL AARENAU

**R**ubin Friedman's column, "Humour Me, Please" was a staple of the Ottawa Jewish Bulletin for almost a decade, and the writer and community activist's latest book, *Nazis and Jews, Cats, Sex, Golf – and Other Bits from My Brain*, is a compilation of 147 of his Bulletin columns.

The book's title – true to the humour behind the collection – is based on the five most searched terms in Amazon.com's book section.

Friedman said the title worked out perfectly because, except for golf, he had already written about each of the topics in his Bulletin columns.

Friedman said readers can enjoy the book in numerous ways because there's no set order to it.

"The order that you read this is the order that you impose, so it's like eating grapes. You can taste and savour each one or you can eat a handful at once," Friedman said. "Read a page, go take a break and sit on a bench, read some more ... or read a section ... do whatever you like; the order doesn't matter. I just want you to be entertained."

The book is divided into sections that span different topics, ranging from Jewish identity to working in the bureaucracy and from Yiddish linguistics to voting in elections.

Friedman also recently published *Fitting into Toronto: Part II of Our Family Holocaust Chronicle*, which completes the story he began in his first book, *Running for their Lives*, which told the story of his family's journey fleeing Nazi persecution.

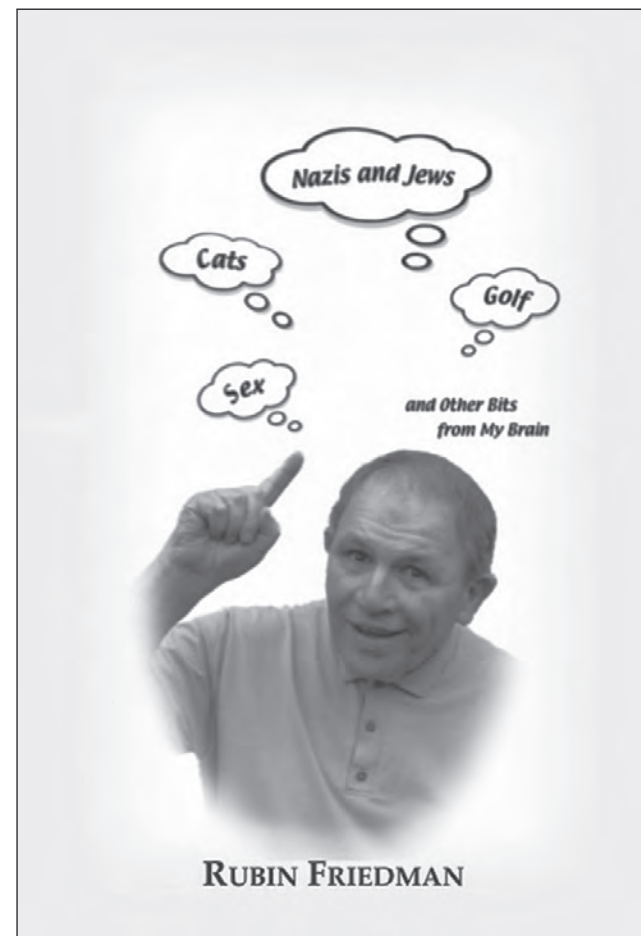
In *Fitting into Toronto*, Friedman – who was born in a displaced persons camp in Austria after the war – tells the story of his family's life in Toronto and discusses the effect the Holocaust had on his family and his upbringing.

Friedman said he wrote the book to tell a story of survival that's seldom discussed.

"It's not what you see in the movies all the time. Not everyone goes from being a survivor to being a Supreme Court judge. There are a lot of people who are affected in serious ways who are just ordinary human beings trying to make their way in the world, and I felt more people had to understand that part of the experience," he said. "I'm so aware of survivors who became depressed and who killed themselves. Some of them abused their children because they were so full anger and none of this stuff is ever talked about."

Friedman said that using humour to overcome tragedy is how Jews have survived for so long, and humour can serve as a unifying force that brings people together and momentarily takes away pain.

"I want people to get something from what I've



Rubin Friedman's latest book compiles his "Humour Me, Please" columns from the Ottawa Jewish Bulletin.

written. Laughter, amusement, tears, empathy, a sense of peace. All are good. So it is important for me to ensure there is a material record of it all," he said.

A review of *Fitting into Toronto* is scheduled to run in the Bulletin in September.

*Nazis and Jews, Cats, Sex, Golf – and Other Bits from My Brain* will be launched on Monday, September 12, 1:30 pm, at the Soloway Jewish Community Centre. For information, contact Roslyn Wollock at 613-798-9818, ext. 254 or [rwollock@jccottawa.com](mailto:rwollock@jccottawa.com).

## CORRECTION

An article in the July 25 issue incorrectly identified the full name of the Bess and Moe Greenberg Family Hillel Lodge. The Bulletin regrets the error.

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### Hiking 600 km on \$650 in 10 weeks Arlene Doyle's walk through Israel

Arlene Doyle was looking for a through-hike – a hike that takes you through a region. After researching the Appalachians and the Andes Mountains, she knew the *shvil*, the Israel National Trail, would be her next journey. In Ottawa, on a hot summer evening in July, Arlene recounted how she fell in love with the country, people and spirit of Israel.

Arlene, 55, and her friend, Jen, 63, departed from Canada in February for 10 weeks of a life-altering experience. Although Jen went home after five weeks for family reasons, Arlene continued marching on her own.

The pair began in the southern desert, surrounded by mountains of sand, rock and Israel's blue skies. The desert became their campground – they literally set up camp wherever they lay their sore and tired bodies at the end of each day. Chilly nights countered the staggering heat they felt under the desert sun. Humble trail meals were cooked over a fire made from random dead brush. Breakfast was a packet of oatmeal. Lunch a granola bar.

Within 72 hours of starting their journey, they realized they would not make the full 900 km – the trail guide and their daily hiking distances did not mesh. They often could not reach the water that was cached (pre-paid water supplied by a service that was set in specific locations). Instead, they would make a call, and the water would arrive where they had ended up. With Israel's cell service and their solar chargers, connectivity proved painless.

They often wouldn't see another soul for days. They rejoiced on discovering Timna Park, Solomon's pillars and a JNF Welcome Centre in which they set up tent. Arriving next in Arad, they met "trail angels" – warm Israelis who hosted them, fed them, and nurtured their bodies and spirits.

At the Dead Sea, they camped for four days, floating in the water, baking in mud. Masada further fostered their love of history. In Jerusalem, they prayed at the Kotel and at the Church of the Holy Sepulchre and visited the 2006 JNF Ottawa Dinner project of friends **Stephen and Gail Victor**: the Botanical Garden at Mount Scopus.

In the north, Arlene delighted in migrating stork formations over JNF wetlands and welcomed the shade of JNF trees. On her second to last night, a raging thunderstorm nearly threatened her overnight stay on the beach. But, like a stoic Israeli, she simply zipped up her tent's fly and drifted off to sleep.

Donations from the evening with Arlene were directed to the **Stephen and Gail Victor Botanical Garden** at the Hebrew University of Jerusalem's Mount Scopus campus.

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# Azrieli Foundation partners with Claims Conference to help Holocaust survivors

BY MICHAEL AARENAU

**T**he Azrieli Foundation has partnered with the Conference on Jewish Material Claims Against Germany (Claims Conference) to provide supplementary funding to Canadian Holocaust survivors who are most in need.

The Claims Conference funds home care services to Holocaust survivors, including light housekeeping, food shopping and help with bathing, dressing and cooking, as well as services relating to eyeglasses and dentures. Amy Wexler of the Claims Conference said there were 2,984 survivors in Canada who received services funded by the Claims Conference in 2015.

"The goal is to enable poor, frail survivors to stay in their own homes for as long as possible," Wexler said. "The Shoah robbed these survivors of their youth. It is our responsibility to provide a measure of justice, as we say, for survivors at the end of their lives."

While the Azrieli Foundation has long been involved with Holocaust remembrance and education, most notably through their survivor memoir program, this is the first time the organization has become involved in supplementary funding for Holocaust survivors.

Dena Libman, the Azrieli Foundation's chief operating officer, said the foundation decided to provide funding to help survivors after she read a 2014 article in the Canadian Jewish News about survivors in Montreal not receiving enough aid to live comfortably.

After providing a one-time grant to service providers in Montreal, Libman said she realized that, if this was an issue in one city, it was probably an issue in other cities as well. So the foundation partnered with the Claims Conference this past December and has since worked with them to provide supplementary funding in order to aid survivors in need across Canada.

"The Claims Conference has provided an absolutely vital resource to Holocaust survivors around the world ... but the need of low-income Holocaust survivors to live in health and in dignity is a need that is not fully met because it's just such an enormous task," Libman said. "So we made this investment to support low-income Holocaust survivors."

The Azrieli Foundation provided \$457,000 in funding, which was divided among four Jewish service agencies across Canada, including Jewish Family Services of Ottawa (JFS).

JFS Executive Director Mark Zarecki welcomed the additional funding from the Azrieli Foundation.

JFS provides case management, home support, help with receiving pensions, and assistance with miscellan-

eous services that they may not be receiving. Libman said the additional funding provided to JFS was specifically to support a Russian-speaking worker to ensure the needs of Russian-speaking survivors are met.

The connection between the Azrieli Foundation and JFS for this supplementary funding was made by the Jewish Federation of Ottawa, which has partnered with the foundation on Holocaust remembrance and education programs.

"Over the years, the Azrieli Foundation has supported remarkable programs and efforts around Holocaust education and remembrance. They have been leaders in the field, remarkably generous, and a wonderful partner to work with," said Federation President and CEO Andrea Freedman. "Providing direct support for survivors represents a natural evolution in their care and concern for survivors."

Libman said the Azrieli Foundation hopes to continue providing supplementary funding to better serve Holocaust survivors for many years to come.

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# Shawna Dolansky to be scholar-in-residence at Adath Shalom

BY PAUL ADLER  
ADATH SHALOM

Professor Shawna Dolansky will be scholar-in-residence for 5777 at Adath Shalom Congregation. Dolansky, who teaches at Carleton University, specializes in biblical studies, with a focus on the history and religions of Israel and the ancient Near East and the development of the Hebrew Bible.

Dolansky will offer a series of lectures following Shabbat services, as well as in congregants' homes during the year. Some of her topics will include:

**Dating Ruth** – A how-to session (for scholars, not bachelors) that will take a new look at an old book to understand “dating” in both senses of the word.

First, we will work toward dating the book by attempting to place it in its original historical context. Then we will use our knowledge of that ancient context to try to understand what “dating Ruth” meant for Boaz – the what, why and how of Ruth’s bizarre courtship and marriage.

Ultimately, both meanings become intertwined as we use our “dating” knowledge to speculate on what the book is about, why it was written, and why it was preserved in the canon of the Tanakh.

**Ethical Monotheism and the Meaning of Life** – The books of Ecclesiastes, and especially Job, are each in their own way extremely subversive and cynical, explaining why we have to accept that bad things happen to good people, and we can’t expect to ever understand why.

**The Fall of Eve** – A talking snake, magic trees and the name of the first woman are just some of the clues that Eden has an interesting back-story, rooted in ancient Near Eastern mythology, which differs markedly from its final written version recorded in the Bible.

Comparative literature reveals a hidden tale of a goddess demoted and estranged from her once powerful symbols of fertility and life in this reconstruction of the pre-history of Adam and Eve.

## A Rabbi’s take on ‘Harry Potter’

BY RABBI REBECCA ROSENTHAL

(Kveller via JTA) – This summer, as I put my eight-year-old on the bus to sleepaway camp, he turned to his friend and said, “Let’s get on the bus quickly before our parents can say goodbye and be so embarrassing.”

As they ran toward the bus, I could not help reflecting that he is breaking away, just at the moment when I want to hold on tight. But, what he doesn’t know is that



Professor Shawna Dolansky will offer a series of lectures over the course of the next year while serving as Adath Shalom Congregation’s scholar-in-residence.

**Priests, Prophets, and the Politics of Magic in Ancient Israel** – Diviners, soothsayers and sorcerers were all prohibited in ancient Israel. Biblical heroes – Jacob, Moses, Joshua, Elijah and Elisha – all perform actions that look suspiciously like magic. How do we reconcile this, not as theologians, but as historians?

Members of the Jewish community are welcome to attend Adath Shalom adult education events. A small donation will be requested from non-members. If you are interested in attending, contact Paul Adler, Adult Education Committee chair, at 613-228-3237.

I have a secret weapon waiting for when he returns from camp, and that is Harry Potter.

For the past few months, we have made our way through the first six books. Even when he wants nothing to do with me, for a half hour or so each night he is content to climb in my lap or sit next to me on the couch as we read about the adventures of Harry and his

See Harry on page 24



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# OJCS students spend year learning about Hillel Lodge residents

BY MICHAEL AARENAU

Kind words were said, gifts were given and tears of joy were shed at the annual V'Hadarta P'Nei Zaken (respect for the elderly) ceremony at Hillel Lodge, June 14, when Rachel Kugler's Grade 4 class from the Ottawa Jewish Community School (OJCS) presented 11 Lodge residents with an album that contained their life stories along with pictures and assorted artwork.

The V'Hadarta P'Nei Zaken program matches two Grade 4 students with a resident of Hillel Lodge. The students spend time with the resident during the year, learning about their lives, and present them with an album at the ceremony at the end of the school year.

Before the ceremony formally began, Daniel Blacher, a participant in the first V'Hadarta P'Nei Zaken program 10 years ago, spoke about how wonderful the experience was and how important it is to appreciate the elderly.

"V'Hadarta P'Nei Zaken allowed us to put the concept of dignifying, respecting and honouring the elderly into practice,"

Blacher said. "I still have very fond memories of the program and the resident who I was paired with ... It was like having another grandmother."

During the ceremony, the 11 pairs of OJCS students each said a few kind words about their residents before presenting them with an album. Family members of many of the residents were in attendance and were overcome with emotion.

"This ceremony truly captures the beauty of *l'dor v'dor* (from generation to generation)," said Cantor Daniel Benlolo before leading a rendition of "Ya'aseh Shalom."

Cantor Benlolo ushered the ceremony along, singing and telling jokes between each album's presentation.

"You can take a lot of nachas from these kids," said Hillel Lodge Executive Director Stephen Schneiderman. "The next generation is in very capable hands."

Lodge residents beamed with obvious joy as they turned the pages of their albums with the children.

"The children are absolutely wonderful," said resident Jack Stup. "This entire ceremony has really brightened my day."



Ottawa Jewish Community School student Zoe Wagman shows Hillel Lodge resident Jack Stup the album she and her partner made about his life.



OJCS students Noah Benchimol and Kiera Vered present an album about her life to Hillel Lodge resident Sheila Bahar (being assisted by Eli Cohen).

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# Young Israeli jazz singer performs in Ottawa

BY MICHAEL AARENAU

A decade ago, when Sivan Arbel first heard jazz at age 16, she was immediately hooked on its distinct sound and improvisational structure. Two years ago, Arbel moved from Israel, where she was born and grew up, to New York City to become a professional jazz singer and composer. Her debut album, "Broken Lines," was released on June 1.

Arbel was in Canada this summer where she performed at the Montreal International Jazz Festival in early July and participated in the Banff Jazz Workshop in August. In between, she spent time in Ottawa, visiting relatives here and performing at the Mercury Lounge and Rainbow Bistro, and giving a concert for the residents of Hillel Lodge.

According to Azara Thomas, a recreation program facilitator at Hillel Lodge, Arbel's music was breathtaking and the residents thoroughly enjoyed her performance, with many requesting that she perform for them again the next time she's in Ottawa.

Arbel told the Ottawa Jewish Bulletin that it was her first visit to Canada and she was really enjoying it here, especially because "it's sunny."

"Broken Lines" features six of Arbel's own songs written over the past four years, as well as a cover of Miles Davis' "Blue in Green." She said the songs were written in different places, including where she grew up in Israel, to where she studied music for a year in Dublin, and her current home in New York, so that each piece has its own special sound. On "Broken Lines," Arbel emulates the jazz singers who inspired her, confidently belting out the high notes and scatting



Israeli jazz singer Sivan Arbel says she enjoyed her visit to Ottawa this summer, spending time with relatives and performing at several concerts and jam sessions.

with her six-piece band.

Arbel says jazz continues to inspire her and she's enjoying her personal journey of musical exploration, continuing to delve into different cultures and rhythms.

While she's begun writing new music for a second album, she says she's in no rush to go back to the studio just yet.

"I've got some gigs booked in the fall in New York City and my plan is to tour and to spread the music and the love everywhere I can," she said.

## Rabbi Hamerman returns to Adath Shalom for High Holy Days



Adath Shalom Congregation has announced that Rabbi Shimshon Hamerman of Montreal will return as spiritual leader for the coming High Holy Days. A prominent educator and former cantor, Rabbi Hamerman served the lay-led, egalitarian Conservative congregation in that capacity last year. Rosh Hashanah and Yom Kippur services will be held at the Soloway Jewish Community Centre. For information, call 613-240-4564 or visit [www.adath-shalom.ca](http://www.adath-shalom.ca)

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An academic program promoting the understanding of Jewish life, culture, language, literature and history in Canada.

Minor in Jewish Canadian Studies

### Courses offered in the Fall Term 2016

**CDN 1300-HYB Introduction to Jewish Canadian Studies**  
Introduction to the interdisciplinary study of the Jewish experience in Canada, including discussion of scholarship in history, sociology, culture, literature and other areas. Professor: Rebecca Margolis. Monday: 11:30 – 13:00; Thursday 13:00 – 14:30

**CDN 3383A/ENG 3383A Jewish Canadian Writers**  
Focus on the major Jewish-Canadian writers of the past seventy-five years: A.M. Klein, Irving Layton, Norman Levine, Adele Wiseman, Mordecai Richler and others. Professor: Seymour Mayne. Thursday: 19:00 – 22:00

**YDD 1901A Introduction to Yiddish Language and Culture I**  
A beginner's study of the Yiddish language focused on the development of listening, speaking, reading, and writing skills in combination with a cultural component. This course is not open to auditors. Professor: Rebecca Margolis. Monday: 13:00 – 14:30; Wednesday 11:30 – 13:00

### Courses offered in the Winter Term 2017

**CDN 2505A/HIS 2505A Histoire des Juifs au Canada**  
Overview of the history of the Jewish Community in Canada from early migration through to the present. Professor: Pierre Anctil. Monday: 13:00 – 14:30; Wednesday 11:30 – 13:00

**YDD 1902A Introduction to Yiddish Language and Culture II**  
A more advanced study of the Yiddish language focused on the development of listening, speaking, reading, and writing skills in combination with a cultural component. This course is not open to auditors. Professor: Rebecca Margolis. Tuesday 16:00 – 17:30; Thursday 14:30 – 16:00  
Community members may choose to audit these courses, except for YDD 1901A & 1902A.

Teaching staff: Irving Abella, Pierre Anctil, Rebecca Margolis, Seymour Mayne, Randal Schnoor, Natalia Vesselova  
For more information, contact our program coordinator, Professor Seymour Mayne, 613-562-5800 ext.1148 | Email: [mayne@uOttawa.ca](mailto:mayne@uOttawa.ca)



# PJ Library expands eligibility to children up to age 8

BY MICHAEL AARENAU

**P**J Library, which delivers age-appropriate Jewish-themed books every month to young children and has been increasingly successful since launching in Ottawa in 2011, is expanding the age range of children it serves.

PJ Library is a joint program of the U.S.-based Harold Grinspoon Foundation and local Jewish community partners around the world. The Jewish Federation of Ottawa is the PJ Library partner here.

Ariel Fainer, Federation director of Emerging Generation, co-ordinates the PJ Library program in Ottawa and said Federation has secured enough funding to expand the program's eligibility so that children aged six months to eight years will benefit. Previously, participation in PJ Library ended when a child reached six-and-a-half.

There were 315 Ottawa children receiving books each month when Fainer began co-ordinating the program two years ago. That number steadily increased to 449 by this summer, and Fainer believes it will continue to grow, especially with the expansion of the age of eligibility.

Howard Fremeth, a member of the PJ Library Committee, is excited about what the expansion of the program means for young families.

"I can say with confidence that PJ Library is now the main vehicle of engaging this critical demographic who are beginning their Jewish journeys. The decision to expand the age of eligibility is a testament to the growing demand for PJ Library products and community engagement," said Fremeth.

Ottawa's PJ Library Committee also presents local programming, ranging from Jewish holiday events at synagogues to large-scale family events and par-



Children and parents enjoy PJ Library in the Park, June 26, at Centrepointe Park.

PEGGY SKOF

ents-only nights out. A PJ Library in the Park event, June 26 at Centrepointe Park, was attended by about 300 children and parents.

"It's all about getting Jewish families together ... and having fun with the community," Fainer said.

PJ Library in the Park included a barbecue, a splash pad, park toys, and a performance by Capital City Dance, which included getting everyone in attendance up and dancing.

Ari Lesser was overjoyed to see such a high turnout at the park that day.

"The PJ Library in the Park event was a great success with record numbers turning out. It was a wonderful

sight [to see] children playing, dancing and creating new friendships," he said.

Another attendee, Leslie Feldman, said she loved the way PJ Library brings Jewish families of all backgrounds together through a wide array of programming.

"It was a fantastic event! It really brought a lot of young, Jewish families together and it connected them in a fun and friendly way," she said. "It's just a really great program all around."

For more information about PJ Library, or to register young children to receive free Jewish books each month, contact Ariel Fainer at 613-798-4696, ext. 240, or [AFainer@jewishottawa.com](mailto:AFainer@jewishottawa.com).

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**Shana Tova!**

**Option 3.**



*May the New Year bring  
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Shana Tova.*

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Shana Tova.*

*Two lines .....  
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# Journalist J.J. Goldberg to speak on right-left tensions within Israel

BY GABRIELLA GOLIGER  
CANADIAN FRIENDS OF PEACE NOW

Tensions between many in Israel's security establishment and its political leadership are bad and getting worse, with more and more retired commanders and spymasters protesting the direction in which their country is headed.

So writes J.J. Goldberg of The Forward, observing that "Israel's security professionals are becoming frantic as they see their country barrelling over a cliff."

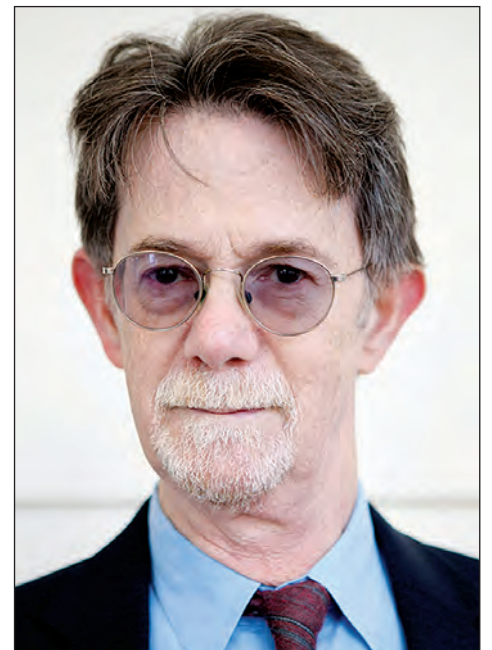
Goldberg will be in Ottawa on September 15 to talk about why so many experts are turning leftwards while the government marches right, and what this says about security, peace, democracy and relations with the Palestinians.

Goldberg will also be speaking in Toronto and Montreal during his three-city tour hosted by Canadian Friends of Peace Now.

Goldberg has been a keen observer of the Israeli political scene for decades in his role as senior editor and correspondent for a number of Jewish newspapers. He is currently editor-at-large of The Forward, where he served as editor-in-chief from 2000 to 2007.

Goldberg previously served as U.S. bureau chief of the Israeli news magazine Jerusalem Report, as managing editor of The Jewish Week of New York, as a nationally syndicated columnist in Jewish weeklies, and in senior positions with other newspapers.

As a journalist, Goldberg has gone on many research trips to Israel, most recently this past summer. Through much of the 1970s, he lived and worked there. His activities in those years included working on a kibbutz and in the kibbutz movement, acting as an education specialist with the World Zionist Federation, and doing a stint as a sharpshooter with the Israeli Border Police.



There are sharp divides between many of Israel's top security experts and government leaders, according to Forward columnist J.J. Goldberg.

Goldberg has also written several books, including "Jewish Power: Inside the American Jewish Establishment."

While Israel will be the focus of Goldberg's talk, the audience may also want to hear his views on the U.S. presidential race. Plenty of time will be set aside for questions and answers.

J.J. Goldberg will speak on Thursday, September 15, 7:30 pm, at the Soloway Jewish Community Centre. There is no charge, but those interested in attending are asked to RSVP to [goliger@rogers.com](mailto:goliger@rogers.com).

**See page 31 for Publication  
and Deadline dates  
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# Testimonies of Ottawa Holocaust survivors recorded for series of videos

BY MICHAEL AARENAU

Ottawa-born documentary director Koa Padolsky is working with the Centre for Holocaust Education and Scholarship (CHES) to record the testimonies of local Holocaust survivors for a series of video documentaries.

CHES, part of the Max and Tessie Zelikovitz Centre for Jewish Studies at Carleton University, will make the videos available on its website where they will be accessible for educational purposes. <http://carleton.ca/ches/>

CHES Director Mina Cohn said it was important to make these videos because so many survivors are aging and soon won't be able to tell their stories in person.

"The personal accounts unite the experience in a very powerful way, so we decided that now is the time to see if we can help preserve some of the testimonies of the local survivors," Cohn said.

While some of the survivors being filmed have given recorded testimony before, they were recorded on old technology, she said, so there was a greater sense of immediacy to preserve their stories.

Padolsky, who now lives in the United Kingdom, was in Ottawa on July 28 and 29 to record the testimonies of 10 survivors.

Padolsky's latest film, "Le Chemin des Juifs," chronicles the story of Holocaust survivor and Ottawa resident David Shentow's experiences during the war.

Cohn met Padolsky when she attended a private screening of "Les Chemin des Juifs" in April. Impressed with the film, Cohn approached the director after the screening and spoke to her about recording the series of video interviews with Ottawa Holocaust survivors.

"I was absolutely honoured to have been asked to direct this project," Padolsky said. "To be able to tell all of these important stories is an extraordinary privilege."

Each of the 30-minute videos covers the main aspects of the survivors' stories and experiences, with segments on pre-war life, Nazi invasion, wartime experiences, post-war life, and the importance of remembrance.

Cohn and Padolsky hope that, through this project, the survivors' stories will resonate with the next generation and their memories will be preserved for years to come.

"For audiences, it's the opportunity to have that first-person account so they can learn [about the Holocaust]. It's that personal account that means everything; it makes the history real," Padolsky said.

Those sentiments were echoed by Kati Morrison, one of the Holocaust survivors whose testimony was recorded.

"The emotional impact from listening to a person [talk about their experiences] is so different than what you get from just reading about it in a textbook," Morrison said.

Morrison, who was born in Budapest, Hungary, and survived the Holocaust with the help of her grandmother, speaks at schools to educate young people on the Holocaust and to teach them "what prejudice, racism and hatred can do." She said the CHES project is a natural extension of her work.

Raul Korengold, another Holocaust survivor who took part in the project, feels the work CHES is doing to ensure the memories of survivors will never be lost is important.

Korengold was born in Strasbourg,



The testimony of Holocaust survivor Kati Morrison (seated), seen here with documentary director Koa Padolsky on July 29, was recorded for a series of video documentaries to be made available by the Centre for Holocaust Education and Scholarship.

France, in 1936 and fled Nazi persecution with the help of gentiles who risked their lives to protect him and his family. He hopes that, through the efforts of those

who gave their testimony, the horrors of the Holocaust, where "mass murder was state enterprise," will never fade with time.

## In Appreciation

We would like to thank our family and friends for their donations, cards, meals and expressions of sympathy on the loss of a beloved husband, father, grandfather and great-grandfather Joey Osterer.

**Blanche, Irving and Murray Osterer**

## Mazal Tov!



Mazal tov to Julie and PJ Rothman, on their marriage June 5th, 2016. Julie is the daughter of Annette and Chris Lahey and PJ is the son of Shelley Rothman and the late Sidney Rothman. The couple will be residing in Ottawa.



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- Eric Naor** by the residents, staff and Boards of the Lodge and LTC Foundation, Viviane and Howard Sandler, Cielo, Andrea, Josie and Nancy Carin, Barbara, Shawn, Benjamin and Kevin Blevis, Marlene Baran, Alanna and Drue Mandel and family, Guy and Gail Elbaz and family, Stuart and Leila Ages, Marla and Brad Berns, Randi, Ian, Jonathan, Inna, Matthew and Adam Sherman, Janet and Peter Ruderfer and family and Debbie Singer and Earl Nussbaum

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# Foreign students in Israel are transforming economies in their home countries

BY LYNDA TALLER-WAKTER  
JEWISH NATIONAL FUND

Israel's Arava Desert, which lies along the border with Jordan, produces 60 per cent of Israel's vegetable exports. It is also home to the Arava International Center for Agricultural Training (AICAT), a school with 1,100 students from South Asia and Africa.

On a recent JNF Canada staff mission, we visited Hanni Arnon, the school's director, and met with some of its graduates-cum-leaders. With unbridled enthusiasm, they shared their experiences of studying in Israel and taking the learning home.

Cornelia, a group leader from Indonesia, who helps 80 students from Indonesia and East Timor adapt to studying in Israel, recalled arriving to study as a student in the 48 C heat. She said she cried.

"It was difficult," she recalled, "but now [as a leader] it is easy and amazing."

Dina, from Myanmar, was a student four years ago and now leads 150 students from her country.

"When I went back home, I got a great

opportunity. [I was] working in virgin forest and implemented irrigation I learned about in Israel. I chose crops based on weather."

Dina has achieved success both in agriculture, and as a woman.

"I have to manage men," she said. "[At first] they didn't believe me, but after a year, they followed me and implemented what I learned [in Israel]."

Faisal, from Ethiopia, proudly announced he is a Muslim and that when he informed his parents he wanted to study in Israel, they told him he was "crazy."

"It was difficult to come to Israel," he said. "I [initially] said no because I heard there's a war with the Muslims. My teacher told me I need to see with my own eyes. He is a Muslim. [The first time] I prayed nobody came to attack me. I thought I was lucky. But I did it again and again.

"My parents ask me all the time if I'm alive. After a few months, Hanni chose me to be a group leader. I can't believe it because I'm Muslim. My parents are surprised too. When I went back [to Ethiopia], I created awareness about



AICAT school director Hanni Arnon with several of the school's enthusiastic graduates from African and Asian countries.

Israel. I told them about the reality."

Binot, from Nepal, learned about drip irrigation at the school, and brought the system to Katmandu.

"Now more than 90 farms use drip irrigation," he said. "We learned it in the Arava. The Jewish people motivate us."

Students from Laos, Vietnam and Cambodia echoed these sentiments. Instead of conflict and fear, they discovered a peaceful Arava, teachers who care, and Israeli know-how to improve their lives and those of their fellow citizens in their home countries.



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# Remembering artist Morton Baslaw 1924-2016

BY IRV OSTERER

Ottawa graphic designer and award winning painter and teacher Morton Baslaw passed away peacefully on July 1.

I always looked up to Morton in my formative years as someone who saw success and recognition for his efforts in commercial and fine art.

At Morton's funeral service, July 3 at Temple Israel, Rabbi Steven Garten told us how Morton explained to him the substantive difference between "laying sediment" as he defined painting with acrylic and oil, and with watercolour – painting with light.

Morton travelled across Canada with his easel and his family by his side, capturing our country from the Maritimes to the Yukon with impressive works that still have the immediacy and snap that only watercolour, the most difficult of traditional media to master, can achieve.

Although his work was shown in galleries across Canada, including the

prestigious Art Gallery of Ontario, my favourite Morton piece remains the wonderful rendering of the original Machzikei Hadas synagogue building on Murray Street at the corner of King Edward Avenue, a corner that no longer exists. I had my bar mitzvah there many years ago. Titled "A Tribute to an Age," the 1974 painting was a gift to the congregation in memory of Lilian Saslove and the artist's parents, Libby and Murray Baslaw. The watercolour captures the edifice perfectly.

"A Tribute to an Age," and a later companion piece showing the interior of the Murray Street shul currently hang at Congregation Machzikei Hadas, 2310 Virginia Drive. If one looks carefully, some of the frescos now installed in the lobby of the Soloway Jewish Community Centre can be seen.

My deepest condolences to his wife, Sheila, and to their sons, David, Lawrence and Coleman, and their families.

May Morton Baslaw's memory and his artistic legacy always be a blessing.



"A Tribute to an Age" by the late Morton Baslaw depicts the original Machzikei Hadas synagogue on Murray Street.

# In memory of Moe Segal 1925-2016

BY IRV OSTERER

My good friend Moe Segal passed away on July 5 at the age of 91. Moe was a terrific guy and, when he died, was the oldest former Ottawa Rough Rider. He was elated to see professional football return to Lansdowne Park in 2014.

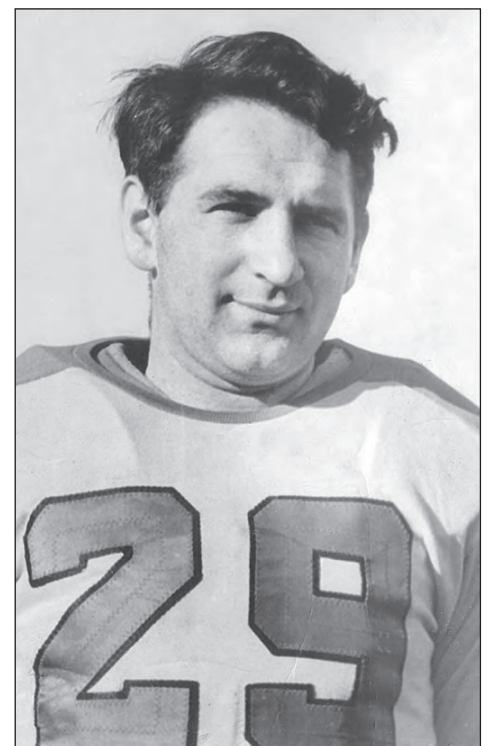
Moe was a member of the Ste. Hyacinthe Donnies in 1944, when they were the last amateur football team to win the Grey Cup. He went on to play for the Ottawa Rough Riders in 1946 and made headlines that year by telling management he would not play on Rosh Hashanah or Yom Kippur. I had the honour of writing a story about Moe several years ago that was turned into one of the TSN documentaries created to mark the 100th anniversary of the CFL. The video can be viewed at <http://tinyurl.com/moe-segal>.

Moe was a charter member of Ottawa's Jewish Sports Hall of Fame and was always involved with a variety of charitable groups and causes.

He was an integral part of the late afternoon minyan at Agudath Israel for many decades. He and good friend Len Potechin were regulars in the "back benches," making sure people always had an opportunity to say Kaddish.

Moe had a terrific outlook on life and regularly sent colourful emails to his friends that proved he was still very young at heart.

He was aware of his health issues, yet



Moe Segal, seen here in the 1940s, was the oldest former Ottawa Rough Rider when he died on July 5.

never complained. His smile and very special sense of humour were appreciated by all. At the time of his passing, he was looking forward to a new chapter in his congregation's history. His funeral was the first held at Kehillat Beth Israel.

My condolences to sons Steven and Eric and their families.

May Moe Segal's memory always be a blessing.



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Contact 613-240-4564  
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# ADULT PROGRAMS at the Soloway JCC

For further details please visit our website at [www.jccottawa.com](http://www.jccottawa.com) or call (613)798-9818 ext. 254

## Literature and Modernity with Nick Milne

Participants of this course will encounter the literature of Modernists, Anti-Modernists, Post-Modernists and others from the dawn of the twentieth century onward. For the first class please read the following at: <https://goo.gl/jdCx4> Virginia Woolf's *Kew Gardens*, G.K. Chesterton's *A Somewhat Improbable Story*, and Ezra Pound's short poems *The Garden* and *In a Station of the Metro*.

September 21 – November 2  
Wednesday 9:45 am – 11:45 am  
No Class: October 12

## Shakespeare - Up Close and Personal with actor, playwright, comedian Pierre Brault

Join Pierre Brault for a fun, interactive class where participants explore the bard through a number of his famous plays including, *MacBeth*, *As You Like It* and *Othello*. Through text analysis and in class scene study, students will come to a fuller understanding and appreciation of the Bard's rich body of work.

September 22 – November 3  
Thursday 2:15 pm – 3:45 pm

## The World of Popular Theatre - From the Greeks to Grease

During this fun and interactive journey through the world of theatre with playwright Pierre Brault, you'll discover the enduring legacy of Greek comedy and tragedy; the challenges of restoration theatre, the rich world of Elizabethan theatre, including Shakespeare and his contemporaries; theatre around the world, and finally the modern theatre; where it is at and where it is going.

September 22 – November 3  
Thursday 12:30 pm – 2:00 pm

## Leonard Cohen: Beyond His Songs with Professor Natalia Vesselova

The course focuses on Cohen as a significant prose writer, a widely published poet, and an original visual artist. His works will be discussed in the wider context of Canadian, American, and European literature. Special attention will be paid to the influence that Cohen's Jewish heritage and self-identity has had on almost every aspect of his creative output.

September 22 – October 27  
Thursday 1:00 pm – 2:30 pm

## Mozart's Great Operas

Lecture Series with Jean-Jacques Van Vlasselaer. Series includes *Così Fan Tutte*, *Don Giovanni*, *Abduction from the Seraglio*, *The Marriage of Figaro*, *The Magic Flute*.

Wednesday, 1:30 pm – 3:00 pm  
September 21, 28, October 5, 19, 26, November 2.

Series: \$90/ 6 lectures  
Single Lecture: \$15

## NEW! Soloway JCC Zemer Ottawa Chorus

Join singer-songwriter Shelley Posen, pianist Aviva Lightstone, and the Zemer Ottawa Chorus on a journey through the world of Jewish, folk, sacred, secular—you name it—choral music. The chorus meets for weekly rehearsals, and performs on occasion at community events and retirement residences. There is a final end-of-season concert at the JCC.

September 2016 – May 2017  
\$185

## Haftarah Step-by-Step with Barbara Okun

Learn to fully appreciate the joy of participating in this beautiful tradition. Material for the first class is provided. The following week you will be required to bring a copy of *The Art of Cantillation, Volume 2* (CD included) from Amazon, (approximately \$30).

September 22 – November 3  
Thursday 7:00 pm – 8:30 pm

## Judaic Papercutting for Beginners with Hy Cooper

Create your own expressive work, and be amazed at what creations are possible by simply employing knife, scissors and paper. (In addition to the registration cost, a supply fee of \$15 is payable to the instructor during the first class).

October 27 – November 10  
Thursday 6:45 pm – 8:45 pm

## Paint with Katerina Mertikas

Learn to paint an autumn scene under the helpful guidance and watchful eye of Ottawa artist Katerina Mertikas. Class size limited to 15 students. After registering please call (613)798-9818 ext. 254 for supply list.

Monday, September 19  
6:30 pm – 9:15 pm

## Advanced Beginner Spanish with Wendy Ordonez

Students with some basic Spanish knowledge will continue to learn vocabulary, grammar basics, how to formulate questions, memorization techniques, and exercises in reading, writing, listening and speaking.

September 15 – November 3  
Thursday 12:15 pm – 1:45 pm

## Intermediate Spanish with Wendy Ordonez

For students who have studied Advanced Beginner Spanish and those who have studied Spanish before. To determine whether your level meets the requirements for this class please call (613)798-9818 ext. 254.

September 15 – November 3  
Thursday 10:30 am – 12:00 pm

## Modern Conversational Hebrew for Beginners – Daytime with Sigal Baray

Pre-requisite: Must be able to read Hebrew.

September 14 – November 9  
Wednesday 9:30 am – 11:00 am

## Modern Conversational Hebrew for Beginners – Evening with Ella Dagan

Ninety minutes of spoken language practice. Includes introductory conversation, vocabulary and speech structure.

September 14 - November 9  
Wednesday 7:00 pm – 8:30 pm

## Advanced Beginner teacher TBA

For those with some Hebrew language background. If unsure of your level, please call (613) 798-9818 ext. 254 for placement assistance.

September 14 – November 9  
Wednesday 7:00 pm – 8:30 pm

## S'iz Besser in Yiddish – It's Better in Yiddish More for the Lovers of Mamaloshen

Join writer, director Shirley Steinberg and Rubin Friedman for a Yiddish Smorgasbord where you'll enjoy a mélange of stories, humorous Yiddishisms, song and improvisation. Or, just come and listen. A true *mechaye* (a pleasure). No knowledge of Yiddish required. Free drop in program.

September 12, October 31, November 14, December 5  
Monday 10:00 am 11:30 am



# Harry 'got us through many long Shabbat afternoons'

Continued from page 10

friends. Although he is fully capable of devouring a book on his own, there is something about the magic and intensity of Harry Potter that creates a moment of parent-child bonding I rarely find anywhere else.

My son had a hard year this year. He moved across the country. He started a

new school. He needed to make new friends. Some of the time he was angry, sad and generally hated the world. So does Harry Potter. Lots of difficult things happen to him and he shows human emotions in reaction to those things. Sure, he's a wizard, but he reacts in ways that are familiar to my eight-year-old boy.

In talking about Harry Potter, and how

he handles challenges and disappointments, we also talked about coping mechanisms for when my child has challenges and disappointments. I was able to validate his anger, share in his sadness and support him in his transitions in a way that felt comfortable for an eight-year-old. For that, I thank you Harry Potter.

Harry Potter also saved Shabbat for us. Despite being the child of a rabbi (or maybe because of it), Shabbat is not my child's favourite day of the week. He loves drawing and, since we don't write on Shabbat, he does not enjoy being told he can't. But reading Harry Potter, and then talking about Harry Potter and building Harry Potter things out of Legos and playing Harry Potter in the park, got us through many long Shabbat afternoons. For that, I thank you Harry Potter.

Finally, Harry Potter gives us a context for talking about what is going on in the world today. What happens when evil arises in the world? When something scary happens? When people are divided by politics, by fear, by anger?

Harry Potter navigates those issues and makes many mistakes while trying to live a life in accordance with his values. This provides an opening for my son to ask questions, to make connections between fiction and reality, and to put what he is hearing on the news and on the school



Harry Potter

SCREENSHOT FROM YOUTUBE

bus into context. It allows me, as the parent, to talk about how I believe we should act in the world in a way that he can understand.

And for that, I thank you, Harry Potter.

Rabbi Rebecca Rosenthal is director of youth and family education at Central Synagogue in New York City. She and her husband have three children.

Kveller is a thriving community of women and parents who convene online to share, celebrate and commiserate their experiences of raising kids through a Jewish lens. Visit [www.kveller.com](http://www.kveller.com).

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### Florence Melton School of Adult Jewish Learning - Year One

Wednesdays, September 14 – December 14

10:00 am – 12:15 pm

Winter hiatus, with classes resuming in Spring 2017,  
Wednesdays, March 22 – June 21.

**Purposes of Jewish Living** with Rabbi Idan Scher,  
Congregation Machzikei Hadas

Why do Jews believe as they do? How do Jewish thinkers answer the big questions of life? This course explores sources both ancient and modern in pursuit of answers to many of the major issues of Jewish thought and theology.

**Rhythms of Jewish Living** with Rabbi Elizabeth Bolton, Ohr Haneshamah

What ideas, beliefs, and practices are involved with living Jewishly? This course examines a wide variety of Jewish sources to discover the deeper meanings underlying Jewish holidays, lifecycle observances and Jewish practice.

### Florence Melton School of Adult Jewish Learning - Year Two

Wednesdays, September 14 – December 14

9:30 am – 11:45 am

Winter hiatus, with classes resuming in Spring 2017,  
Wednesdays, March 22 – June 21.

**The Dramas of Jewish Living Throughout the Ages**  
with Rabbi Steven Garten

What are the lessons and dilemmas of Jewish history, from the earliest wanderings of Abraham to the modern experiment in Jewish statehood? How do the turning points in Jewish history influence our lives today? This course investigates how the Jewish past gives meaning to the Jewish present.

**The Ethics of Jewish Living** with Rabbi Steven Garten

This course shows how Jewish teachings, through the wisdom of ancient and modern rabbis, scholars and thinkers, shed light on contemporary issues such as the environment, interpersonal relationships, end-of-life decisions, and stem-cell research.

### Florence Melton School of Adult Jewish Learning - Scholars Course

Thursdays, September 15 – December 15

10:00 am - 11:30 am

**Beyond Borders: The History of the Arab Israeli Conflict** with Rabbi Steven Garten

Students are provided with a strong, text-based historical overview from the late nineteenth century through today. The complexity of the conflict will have students looking at issues of religion, culture, history, politics, economics, identity and survival through primary sources. Course material is designed to help students appreciate the basis of the conflicting historical claims made by both sides.

# Deepening our special bond with our friends in the Upper Galilee

**S**corched earth. Shattered glass. Sweltering shelters. Government mismanagement. A makeshift memorial. Partnership. Solidarity. My memory flashes from the end of the Second Lebanon War.

Ten years ago this week, I was in the Upper Galilee with five other members of the Ottawa Jewish community. We were the first Canadian solidarity mission to visit the region a few days after the UN-brokered ceasefire of August 14, 2006.

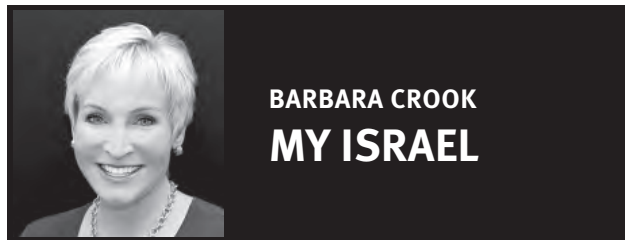
The 34-day conflict, sparked by Hezbollah rocket fire on border communities and an anti-tank missile attack on two Israeli Humvee patrols, killed 121 Israeli soldiers – 34 of them during the last two days of the war, when the government of Ehud Olmert ordered a final push even though the ceasefire was imminent.

More than 4,200 Israeli civilians were wounded and 48 were killed, including four who died of heart attacks during rocket bombardments.

Northern residents were held hostage, confined to sweltering, often ill-equipped bomb shelters at night and emerging during the day to survey the damage from Katyusha rockets.

Jack Silverstein, Michael Walsh, Sam Firestone, Steven Kimmel and the late Arnie Vered made up the rest of our group. We weren't there to gawk at the damage. We wanted to send a clear message to the residents of the Upper Galilee – our partnership region under Partnership 2000, now known as Partnership 2Gether or P2G – that the Ottawa Jewish community supported our “family” in Israel.

Indeed, our community's response to the war was among the fastest in North America. We quickly raised \$1.3 million and then had the meaningful and action-packed



solidarity mission.

We brought letters and souvenirs for injured soldiers at Rambam Hospital in Haifa. We contributed 32 kilos of toiletries and other items for soldiers through an organization called A Package from Home. And we brought at least 150 kilos of toys, T-shirts, pins, knapsacks, Sudoku and crossword puzzle books for distribution in northern communities.

We had hoped to help clean up or rebuild structures damaged by rockets. But our Israeli hosts were concerned about the safety of unstable buildings that were still full of glass shards.

So we settled for washing windows and painting a new partition at Hanadiv School in Metulla, which is partnered with the Ottawa Jewish Community School (then called Hillel Academy). The school had escaped rocket fire, but there was lots to do before Hanadiv could reopen in September.

We picked giant radishes near Rehovot for Table to Table, an Israeli organization that was instrumental in providing food and supplies to hundreds of bomb shelters during the war.

For me, the most powerful and memorable image from

our visit was a makeshift memorial beside the cemetery in Kfar Giladi, where 12 Israeli reserve paratroopers were killed by a single rocket.

Shredded metal fragments from the rocket were still at the scene, as were a cook pot, a broken headlight and remnants of the foam bedrolls on which the victims spent their final moments in the shade of the cemetery walls. There were also dozens of memorial candles, Israeli flags, flowers, poems and photos of the smiling young soldiers.

“One day, a more formal memorial will be built here, just as the ‘Roaring Lion’ statue at the cemetery’s other entrance honours the earlier heroes of this region,” I wrote in the Ottawa Jewish Bulletin at the time.

Indeed, that formal memorial was in place the next time I visited Kfar Giladi. And while it was exceptionally powerful – instead of a single memorial plaque, there were individual plaques at each place a soldier had fallen – nothing could compare to the raw emotion and vivid sense of loss evoked by the improvised memorial.

The Second Lebanon War exposed serious flaws in Israel's military and political leadership at all levels. The Israeli Defense Forces were seriously unprepared for war, as were many of the northern communities, some of which lacked systematic evacuation plans and had not properly maintained or supplied their shelters.

But, in the words of Aharon Valency, then head of the Upper Galilee Regional Council, “something amazing” also happened during the war. Israelis, especially in the North, realized the strength and depth of support from Diaspora Jews at a time when they had lost faith in their own leaders.

To this day, I remember many of the names of the soldiers who died in the 2006 war and whose graves we visited. But the memories of tragedy are joined by memories of strengthening Ottawa's partnership with Israel and deepening our special bond with our friends in the Upper Galilee.

Am Yisrael Chai.

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– Fern Doctoroff

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– Bonnie Cooper

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*“TIRS has a warm, inclusive, welcoming atmosphere that fosters learning, growth and a pride in a Jewish identity.”*

– Marie Carmen Berlie and Charles Khazzam



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# 'I was grateful to be in the presence of vibrant contemporary Jewish life in Europe'

In 2014, I observed Tisha B'Av with Amsterdam's Renewal community, Beit ha Chidush. We met at 8 pm in the library of the historic Pintohuis on Jodenbroadstraat, formerly the "Jewish Main Street" of Amsterdam. The Pintohuis once belonged to an influential Sephardic family and this evening we sat on the floor and read by candlelight and by flashlight. We read some kinnot and sang a few hymns including "Eli, Eli." We held an evening service and recited the Mourner's Kaddish for those missing from our lives, for those lost in the Shoah, for those who have no one to mourn for them, and, on Rabbi Hannah Nathan's request, for those who had died in Israel and in Gaza that summer.

For every reading from the Book of Lamentations, we followed each Hebrew chapter with a reading from an English translation, and, in this way, I was able to share my voice. The words rang out in that small space. With candles on the floor and on the tables, the tiny minyan, with our focused attention, seemed full of energy, almost dangerous. I couldn't help thinking, "We are a force to be reckoned with."

Kneeling on the floor of the Pintohuis, listening to Rabbi Hannah's sermon in Dutch, I was grateful to be in the presence of vibrant contemporary Jewish life in Europe.

I recalled when I was at Auschwitz that spring, I didn't cry at the exhibits of suitcases and shoes, even though something savage clutched at my heart, but I began to weep when we entered a building containing a new exhibit curated by Yad Vashem. Entering this new exhibit



SARAH WAISVISZ  
**DISPATCHES  
FROM THE  
DIASPORA**

you enter into song: glorious, beautiful chanting in Hebrew, Yiddish, Ladino, and Arabic, the voices of children ringing out. These voices accompany you into a large rectangular white room with nothing in it except for life-size projections on each wall of what Jewish life in Europe, the Middle East and North Africa was like before the Shoah. These images surround you and teem with life: photographs of families on holiday, weddings, schoolchildren and teachers, markets, shuls, trips to the seaside, children playing ball. It was there that I cried for what had been and what had disappeared: "The joy of our heart has stopped: our dance is turned into mourning (Lamentations, 5:15)."

"It's hard to be Jewish in Europe. It's difficult. You don't want to be Jewish in Europe right now," Julie-Marthe Cohen, curator of Amsterdam's Jewish Historical Museum, once said to me over coffee.

I told her I planned to write a family memoir that wouldn't be "just another Shoah story" but a pan-European, pan-generational saga of resisters and rebels, and that it would emphasize that, although many of my relatives were secular, they were so courageous about

defending their culture and faith.

Resistance is our past and our legacy. In these European ghost towns and ghost neighbourhoods the living are taking over now, contending with the hymns of mourning and lamentation with their candles and flashlights, lighting a path in the darkness.

Tisha B'Av is an opportunity for turning, for facing our own sorrow and alienation from the loss of Zion as manifested in our own times. But most of us are afraid of turning inward. I too am afraid. Afraid to face my personal exile, my destroyed inner temple, my empty and desecrated buildings, my abandoned villages, my tears, my fields of sorrow, my dried up well that used to brim with love, my slaughtered sheep, my ragged clothes, my orphans, my parched mouth that used to sing, my emptiness, my ravaged heart. How am I to confront this misery inside myself, and outside myself, and go on?

But, when we sang "Oseh Shalom" together in the Pintohuis, I was not the only one whose voice was choked with tears. Illuminated and fed by the flickering flames, what we sang that night was a plea to God and to the universe for healing, compassion, connection, and peace. When we finally left the Pintohuis, the sun was setting, and it was twilight on Jodenbroadstraat. Descent for the sake of ascent, darkness to light, sorrow to gladness, narrow places to freedom – all are of this world. We have only to follow the momentum in the turning, and to be courageous.

"Hashiveinu Adonai eilecha v'nashuva. Chadeish yameinu k'kedem. Turn us to you, O Lord, and we will return. Renew our days as of old."

## Is gardening really exercise?

Gardening is neither fast nor furious. So why is it considered a healthy pursuit?

Gardening is a real-world activity, which involves compound movements that engage several muscle groups simultaneously in ways for which our bodies are designed. Sounds impressive, but what does that really mean? You can get stronger and more flexible by incorporating gardening into your lifestyle. Gardening is also therapeutic and has been shown to reduce blood pressure, stress hormones and muscle tension.

This past spring, I decided to spruce up my front and back yards. Once I got started, I realized how physically demanding gardening can be. Most health organizations classify gardening as a moderate-to-vigorous activity, depending on the type and duration of the tasks. You can burn approximately 300-400 calories in one hour of gardening. That exceeds calories burned walking. To get an estimate of how many calories you can burn for different activities, go to [www.healthstatus.com](http://www.healthstatus.com) and enter your gender, age, height and weight, then select an activity.

If you're not regularly active, you should take precautions to prevent injuries before you begin gardening, just as you should before you start any physical activity. Warm up for a few minutes and start with lighter, less intensive gardening tasks. You can slowly progress to heavier, more demanding tasks over time.

My late spring/early summer gardening began with cleaning up the numerous twigs and branches, pine cones and dead leaves that had scattered around my property during the winter. A couple of hours of raking



GLORIA SCHWARTZ  
**FOCUS ON  
FITNESS**

and picking up debris involved lots of pulling and squatting – key functional movements for the arms, shoulders, back, legs and rear end.

My lawn, like most of the lawns in my neighbourhood, is composed of weeds interspersed with the occasional clump of grass. I used my stand-up weed-removing tool that eliminates bending and, therefore, reduces back strain. I started pulling weeds one at a time – a task that I find peculiarly gratifying. I pushed the weed remover into the ground, twisted it using my arms and core muscles and pulled it upwards repeatedly until I had tossed hundreds of weeds into a garbage can. Several passers-by stopped to joke with me about the futility of my endeavour. After a few hours of weeding, I realized I'd only cleared a two-foot-wide strip, which now looked like a pock-marked piece of Swiss cheese, so I gave up on that task.

Next, I headed off to my local gardening centre to get some supplies. My flower beds had eroded, so I thought I should top them up with soil. Each bag of soil weighed 40 pounds. I safely lifted bag after bag onto a dolly, keeping my knees bent to protect my back. Transferring the bags from the dolly into my car trunk, then from my

trunk into my wheelbarrow provided additional exercise. Next, I pushed the wheelbarrow – loaded with three 40-pound bags at a time – around my property and placed the bags in the locations where I'd need them. I was really leaning into the wheelbarrow to get it moving and by now I was perspiring.

My next task was removing dead plants, weeds and stones from the flower beds. Then I dumped and spread soil, planted flowers and spread mulch. Afterwards, I trimmed some overgrown bushes with an electric trimmer and I swept the mess I'd made on the patio stones. Finally, I used my new, heavy-duty garden hose to water everything I'd just planted. Shlepping the hose around my property was also physically demanding.

I'd invested many hours of effort over several days to get my property up to par. The experience was a physical workout, but it was calming and purposeful. Reconnecting with nature is a restorative experience. Getting your hands dirty – in your own backyard, a community garden or even if you're limited to potted plants – is a treat for all of the senses. Some medical, mental health and assisted-living facilities are beginning to recognize the healing value of gardens and horticulture therapy. Exposure to *Mycobacterium vaccae*, a strain of bacterium naturally found in soil, which we ingest as we breathe in nature, triggers the release of serotonin and norepinephrine, which elevates mood, decreases anxiety, improves cognition, helps regulate appetite and sleep and boosts our immune system.

I enjoy working out with dumbbells and exercise machines, but sometimes it's best to escape the confines of the gym and perform functional, practical movements in an outdoor sanctuary. It's beneficial for the body and the mind.

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Michael and Melanie Polowin on Jacob's passing of the Bar, by Jody and Gary Roodman.

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#### IN MEMORY OF:

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Klara Engel, a dear aunt, by Andre and Shelley Engel.

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Golda and Ned Steinman on Noam's engagement to Leora Jaffe, and on Adina's graduation, by Tal Gilboa and Rob Steiner.  
Rosalie and Harold Schwartz on Leah's marriage to Jeff Engel, by Tal Gilboa and Rob Steiner.

### ANNE AND BEN GLOBERMAN ENDOWMENT FUND

#### MAZEL TOV TO:

Irit and Harry Beck on the birth of their granddaughter, by Sandra, David and Danny Globerman.

### PAULINE AND IRVING GOTTHEIL AND FELA AND HENRY LEADER MEMORIAL FUND

#### MAZEL TOV TO:

Arthur Leader on receiving the 2016 Award of Merit by the Canadian Standards Association for leadership in standards relating to assisted human reproduction, by Jody and Gary Roodman.

### FRITZI AND MAX (CHIEF) GREENBERG MEMORIAL FUND

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Murray and Linda Greenberg by Debbie and Norman Ferkin.  
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Murray and Linda Greenberg & Amanda Smith on the 30<sup>th</sup> Anniversary of Capital City Luggage, by Jody and Gary Roodman.

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Larry Hartman by Arnold and Roslyn Kimmel & family.

Continued on page 28

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Edward Pomer on his retirement, by Myra and Sam Krane & family.

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Karen Isaacson by Sharon and Paul Finn.

**IN OBSERVANCE OF THE YAHRZEIT OF:**  
Norman Lesh by Isabel Lesh; by Don and Liz Lesh; by Sharon and Paul Finn; by Cheryl and Andre Ibgby; and by Hildy and Steven Lesh.

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Isabel Lesh by Roslyn and Arnold Kimmel & family.

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Paul and Sharon Finn on Joshua and Davina's graduation, by Roslyn and Arnold Kimmel & family.

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Eric Naor by Rhoda, Joe, Shayna, Yoni and Josh Levitan.

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Judi and Jason Rubenstein on Mark and Emily's wedding, by Rhoda, Joe and Yoni Levitan.

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Rhea and Jeff Hochstadter on Alana's academic achievements, by Sally and Elliott Levitan.

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Esther Cohen Steinberg by Pinchas and Barbara Pleet.

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**BIRTHDAY WISHES TO:**  
Pearlann Goldenberg by The Pleets.

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**MAZEL TOV TO:**  
Donna Finkelstein on the birth of Mickey, by Josee Posen.

### ALTI AND BEREL RODAL FAMILY FUND

**MAZEL TOV TO:**  
Nechama Dina & Zalmy Teichtel and Chana Raizel & Sender Kagan on the birth of Chaya Feige, by Alti and Berel Rodal.

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Morton Baslaw by Anita Rosenfeld and Jocelyn Slatt.

**BEST WISHES TO:**  
Anita Rosenfeld by Patty, Zena, Lorri and Susan.

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**MAZEL TOV TO:**  
Shelley Rothman on the marriage of Julie and P.J., by Jody and Gary Roodman.

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**MAZEL TOV TO:**  
Jeff Shaffer and the Dahdi family on the Bat Mitzvah of Shoshanah Dahdi, by Myra and Sam Krane & family.  
**IN MEMORY OF:**  
Morton Baslaw by Sunny and Sheldon Shaffer.

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Karen Isaacson by Julie and Jack Sherman.

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**MAZEL TOV TO:**  
Sol and Zelaine Shinder on Neil's wedding, by Joan Kronick.

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our investment committee and Board. The committee is made up of financial and business experts who lead the Foundation's growth with results that allow you to donate with confidence.

3-year annualized return (net of fees) as of Dec. 31, 2015. \* Please note that past performance is not an assurance of future Foundation growth.



Contact: Arieh Rosenblum, Director of Development at 613-798-4696 x 270 or arosenblum@jewishottawa.com



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Ron Weiss by Debi and Neil Zaret.

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**MAZEL TOV TO:**  
Debi and Neil Zaret on Adam's graduation, by Marilyn and William Newman.

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Brian Pearl by Rick and Helen Zipes.

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### DAHLIA AND ZACHARY SHABSOVE B'NAI MITZVAH FUND

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Morton Baslaw by Tracey Kronick.  
Renate Mohr by Tracey Kronick.

### ZACHARY SILBER B'NAI MITZVAH FUND

**MAZEL TOV TO:**  
Marty and Debbie Cooper on becoming grandparents, by Shari and Lawrence Silber.

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

## Foundation FACTS



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# A novel of obsession set in the world of Israeli and Jewish music

**The Dead Man**  
By Nora Gold  
Inanna  
277 pages

In her 2014 novel, *Fields of Exile*, Toronto-based author Nora Gold wrote powerfully about the difficult subject of anti-Zionism on contemporary university campuses. Her latest work of fiction, *The Dead Man*, delves into middle-aged love and, particularly, obsession.

Eve Bercovitch, a widow and mother of grown children, is a 55-year-old music therapist and composer of Jewish sacred music from Toronto. Six years earlier, she'd had a brief, but very intense love affair in Israel with Jake Gladstone, an older, married Israeli music critic she'd met at a Jewish music conference.

Although Eve and Jake had spent barely more than a couple of weeks together in Israel, and a few months more corresponding by email before Jake, feeling guilty about the effect of the affair on his marriage, called it off, Eve has spent the intervening years in constant obses-

## MICHAEL REGENSTREIF BOOK REVIEW

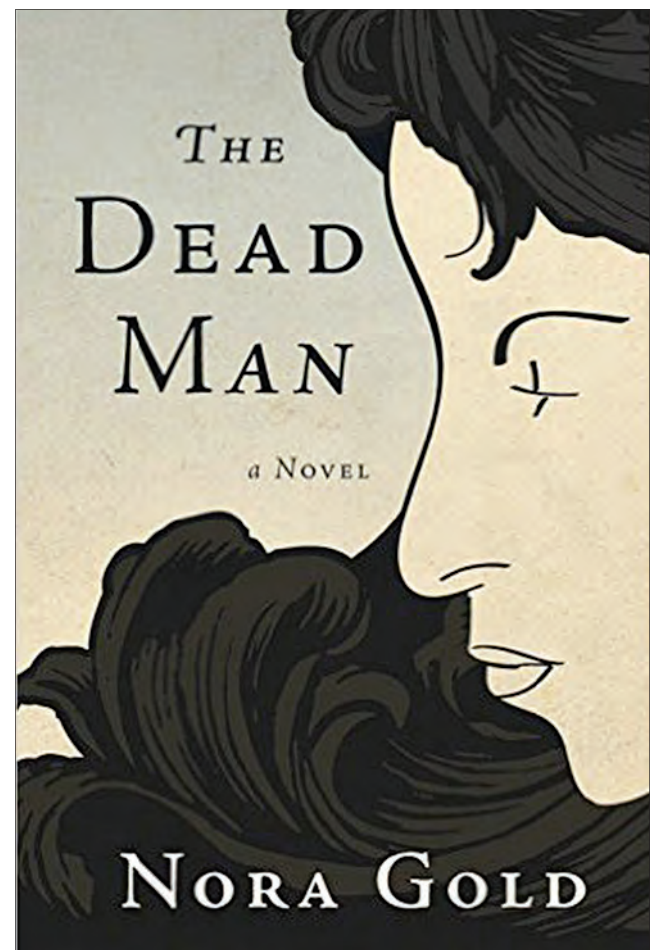
sion over him – to the point that her work as a composer has been at a standstill.

Eve visits Israel regularly over the years and fantasizes about calling him and rekindling their aborted romance. Whenever she passed a payphone during her trips to Israel, Eve dialed Jake's number. She would hear the sound of his voice when he answered the phone and then hang-up too frightened to speak.

*The Dead Man* unfolds during Eve's latest trip to Israel to attend a music therapy workshop in Jerusalem. Once there, Eve discovers there is also a Jewish music conference going on at the same time and adjusts her schedule to attend both events, thinking it likely history will repeat itself: she will encounter Jake at the conference, and their romance will be rekindled.

Much of the book is spent in Eve's memories as she relives the affair with Jake, remembering every detail of their brief days together. Almost everywhere she goes in Israel triggers more memories. Everything from cafés and hotel rooms, to street corners, and a trip to the kibbutz where Eve's Israeli relatives live, brings on more memories of what happened from Eve's first encounter with Jake in Israel through to her return to Canada, including a clandestine visit to Jake's home while his wife was away.

Gold's finely crafted writing brings readers deeply into Eve's obsession with Jake, offering both a well-told tale set in the Israeli and Jewish music world and a psychological study of the darker side of a seemingly normal middle-aged woman. She also provides insights into the



character of Jake, a successful music critic, but also a self-centred man who is, perhaps, too caught up in his own tremendous ego.

Ultimately, Eve does speak with Jake and, finally, after six years of obsession, finds closure to the affair and an understanding of why it didn't – and won't ever – work out between them; closure that will finally allow her to move forward with her life and career.

*The Dead Man* is a compelling novel that draws readers into the lives of Eve and Jake. And, as well as these fully developed characters, Gold – who has lived in Israel and regularly spends time there – brings Israel and aspects of Israeli society to life in the pages of *The Dead Man*.

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FOR MORE CALENDAR LISTINGS, VISIT [WWW.OTTAWAJEWISHBULLETIN.COM/EVENTS](http://WWW.OTTAWAJEWISHBULLETIN.COM/EVENTS) AND [WWW.JEWISHOTTAWA.COM/COMMUNITY-CALENDAR](http://WWW.JEWISHOTTAWA.COM/COMMUNITY-CALENDAR)

### MONDAY, AUGUST 22

**Adult Day Program for clients with memory impairments:** Jewish Family Services presents a day away for older Jewish seniors living with mild-moderate cognitive impairment. Through stimulating experiences, the program focuses on the client's physical, emotional and cognitive well-being.

Jewish Family Services of Ottawa, 300-2255 Carling Ave., 11 am to 3 pm.

Every Monday and Wednesday until December 28.

Info: Lisa Rossman, 613-722-2225, ext. 392, [lrossman@jfsottawa.com](mailto:lrossman@jfsottawa.com)

### An Evening with Jerry Gray of the Travellers:

Join folk artist Jerry Gray for an evening of music from the 1950s and '60s, including Canadian songs, Yiddish songs, folk tunes and humorous selections. Bring your voices, your passion for nostalgia and be ready to 'singalong' with Jerry, 7 pm.

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

### SUNDAY, AUGUST 28

#### PJ Library and Ganon Pool Party:

PJ Library and Ganon are counting down to the end of summer with a fantastic pool party at the SJCC outdoor pool. Join us for a swim and a splash, some water-themed crafts, and summer PJ Library reading, 10 am.

Info: Ariel Fainer, 613-798-4696, ext.240, [afainer@jewishottawa.com](mailto:afainer@jewishottawa.com)

### Glebe Shul Patio Party:

Sushi, desserts and drinks with a fantastic group of young professionals from all over Canada.

The Glebe Shul, 302 Fifth Ave., 6 pm.

Info: Rabbi Yoey Shaps, 613-413-4939

## COMING SOON

### WEDNESDAY, SEPTEMBER 7

#### Women's Torah Study with Rabbi Deborah Zuker:

Join Rabbi Deborah Zuker in her home for Torah study, Wednesday evenings near Rosh Chodesh. Presented by Kehillat Beth Israel. RSVP required, 7 pm.

RSVP/Info: Rabbi Deborah Zuker, [deborahzuker@gmail.com](mailto:deborahzuker@gmail.com)

### SUNDAY, SEPTEMBER 11

#### KBI Kids Kickoff Party:

KBI Kids is the new name for youth and family programming at Kehillat Beth Israel. Come celebrate the new shul with some delicious kosher froyo, a bouncy castle, outdoor games and the unveiling of the KBI Kids logo.

Kehillat Beth Israel Congregation, 1400 Coldrey Ave., 2 pm.

Info: Emily Anzarouth, [youth@kehillatbethisrael.com](mailto:youth@kehillatbethisrael.com)

### SUNDAY, SEPTEMBER 18

**Annual Campaign Kickoff:** Keynote speaker: Nancy Spielberg, businesswoman, fundraiser, philanthropist, documentary filmmaker and founder and co-founder of several charities. Dessert reception and optional screening of Spielberg's movie "Above and Beyond" follow the

keynote speech, 7 pm.

An afternoon family concert features Canada's award-winning children's music duo Judy and David, 3 pm.

Info: Rena Garshowitz, 613-798-4696, ext. 241, [rgarshowitz@jewishottawa.com](mailto:rgarshowitz@jewishottawa.com)

### WEDNESDAY, SEPTEMBER 21

#### Workshop for Teachers:

Presented by Noa Friedman, JNF's national education shlicha. Create a year-long curriculum focussing on Israel: land, history, environment, 6:15 to 8:15 pm.

Info/Registration: Sarah Beutel, 613-798-4696, ext. 253, [sbeutel@jewishottawa.com](mailto:sbeutel@jewishottawa.com)

#### Pre-High Holiday Challah Bake:

An evening of inspiration, prayer and unity, as Ottawa Jewish women join together to knead, braid, pray and share and celebrate the special tradition of challah.

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

Info: Dina Blum, 613-843-7770, [dina@theotc.org](mailto:dina@theotc.org)

### CANDLE LIGHTING BEFORE

AUGUST 26	7:30 PM	SEPTEMBER 16	6:50 PM
SEPTEMBER 2	7:17 PM	SEPTEMBER 23	6:37 PM
SEPTEMBER 9	7:04 PM	SEPTEMBER 30	6:24 PM

### BULLETIN DEADLINES

WEDNESDAY, AUGUST 31 *	FOR SEPTEMBER 26
WEDNESDAY, SEPTEMBER 21	FOR OCTOBER 10

\* Early deadline: Community-wide Issue

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:

**Mel Baker**

**Ely Garfinkle**

**Karen Isaacson, Toronto**  
(daughter of Leon and Zelda Zelikovitz)

**Murray Major, Toronto**  
(cousin of Adele Sidney)

**Merle-Eve Margles**

**Jeanette Moses, Montreal**  
(mother of Richard Moses)

**May their memory  
be a blessing always.**

The Condolence Column is offered as a public service to the community. There is no charge. For listing in this column, please call 613 798-4696, ext. 274. Voice mail is available.



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# Annual Campaign **Kickoff** September 18, 2016

first ever  
double  
event!

**Co-chairs:**

Donna and Bernie Dolansky, Gillian and Neil Presner, Shawna Dolansky and Grant Overland

**Speaker: Nancy Spielberg - 7 pm, SJCC**

Nancy Spielberg, sister of the acclaimed film director, is an accomplished businesswoman, fundraiser, philanthropist, documentary filmmaker and founder and co-founder of several charities.

Her documentary film **Above and Beyond** tells the story of a group of Jewish American pilots who answered a call for help. They smuggled planes out of the U.S. and flew for Israel in its War of Independence. This ragtag band of brothers embarked on personal journeys of discovery and renewed Jewish pride.



Dessert reception and optional screening of Spielberg's movie following keynote



**Judy and David Family Concert with snacks - 3 pm**  
**OJCS Gym, 31 Nadolny Sachs Pvt.**

Canada's Juno award-winning stars of TV and stage are... "Hands down, the freshest, most inventive children's music duo working today". - Billboard Magazine

**Afternoon Family Concert: \$10/household**  
**Evening Event: \$10/individual or \$20/household**  
**Tickets at [jewishottawa.com](http://jewishottawa.com)**

**Info:** Rena at 613-798-4696 x241 or [rgarshowitz@jewishottawa.com](mailto:rgarshowitz@jewishottawa.com)



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