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# OTTAWA JEWISH BULLETIN

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## Erica Ehm offers women the tools to be 'fearless'

BY LOUISE RACHLIS

Former MuchMusic VJ and entrepreneur Erica Ehm will be the keynote speaker at Sisters on Board, a new event for women, hosted by the Ottawa Jewish Community Foundation.

Taking place on Thursday, October 24, 7:15 pm, at Orange Art Gallery, 290 City Centre Avenue, the event was created to promote the benefits of women taking leadership roles by participating on the boards of community organizations. The event is already sold-out.

The title of Ehm's talk is "Courageous Leadership: Put Your Bold Face On." In the process of writing a new book, *Bold Face*, Ehm's goal for events like Sisters on Board is "to give women the tools that I've picked up through the years that have helped me achieve my goals."

"It's different for all of us," Ehm told the Ottawa Jewish Bulletin. "It doesn't necessarily mean going high on the corporate ladder... It could mean sitting on boards and having the self-confidence to do that. The thread that ties it all together is having the courage to pursue what you want to do in life."

"We were brainstorming strong women with recognizable names," said event chair Adina Libin, and her committee members were attracted by Ehm's YMC – [www.yummymumclub.ca](http://www.yummymumclub.ca) – website and her name recognition.

"When I spoke to her and she told me what she wanted to talk to us about – boldness – I thought it was a perfect fit," said Libin. "She was a MuchMusic VJ through my formative years."

Erica is also "a good representative of our demographic," Libin added, "a busy, working mom who finds time to volunteer."

The purpose of the event is to "show women the benefits that being on a board can provide for them," said Libin. "We talk about it as a selfless thing to do, but it's actually a selfish thing to do. There are so many benefits... I don't think a lot of people think of that."

"I'm hoping that people come and see the time is worth it sitting on boards... I'm really gearing it towards professional women with busy lives."



"My mother... helped me to be fearless and now I'm passing her legacy on to other women," says Erica Ehm.

Being "bold" isn't easy, said Ehm. "I feel like every day I have to summon up the courage to get through all the obstacles we all have to face on a daily basis. I thought a good metaphor would be 'putting on a bold face,' like wearing armour. Like a football player who puts on all his equipment so he can crash through his opponent."

"In this world we women are all on the same footing as men. We need to almost physically emulate that surge of strength in order to create that internal feeling of confidence and perseverance... I think that's really helpful."

Growing up, Ehm said she had that perseverance, and "when I wanted to achieve something, I went for it."

"From a very young age, I never associated myself with a specific gender, in terms of my ability," she said.

"I was DJing in clubs at the age of 15 until 3 in the morning. My parents raised a very fierce young woman and I think it probably scared them sometimes, but they let me be who I was. They let me be bold. I'm really grateful I was raised like that."

Ehm feels the information she conveys is important for women.

"When I'm invited to speak to groups, I tell my story and I give my examples... The stories that I tell and the tools I give women are really quite simple – but you need a specific mindset, and that's what I try to provide. My mother did that for me... She helped me to be fearless and now I'm passing her legacy on to other women."

The mother of two teenagers, Ehm has partnered with some of the world's top brands over the past 13 years through her pioneering work in content marketing and social media. In addition to YMC, she founded a digital agency, Ehm & Co., which is also focused on the "mom market."

"I felt that there was a need for someone to speak for moms who are treated as second class citizens and who are patronized by the advertising business... The business grew and now we're the most well-known digital agency in Canada that helps brands connect to parents."

Federation's Volunteer Centre, which helps connect people in the community with Jewish community agencies and organizations in need of board members and volunteers will be present at the Sisters on Board event.

"At Federation, our most valuable resource are our volunteers. Individuals with a passion for translating Jewish values into social action donate numerous hours and resources to realize our vision of creating a thriving, inclusive and engaged Ottawa Jewish community. To accomplish our mission, we need you," said Anne Read, Federation's community engagement specialist.

For more information on volunteering and becoming involved with boards in the Jewish community, contact Anne Read at [aread@jewishottawa.com](mailto:aread@jewishottawa.com) or 613-798-4696, ext. 355.

See Adina Libin's guest column, page 19, on the 'eureka' moment that led to Sisters on Board.

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ANDREW SAUPE KIZELL

Daniel Chamovitz, president of Ben-Gurion University of the Negev, speaks at a reception during his visit to Ottawa, September 12.

# President of Ben-Gurion University visits Ottawa

BY MATTHEW HORWOOD

**B**en-Gurion University of the Negev (BGU) is poised to become Israel's leading research university over the next decade, said the university's president, Daniel Chamovitz, during a visit to Ottawa.

Chamovitz spoke at a reception held at the home of Susannah Dalfen and Jonathan Malino on September 12.

The purpose of his visit, Chamovitz said, was to "meet our supporters to see how they feel about the university, share our vision for the future, and take time to meet some Canadian university presidents and further network in Canada."

Chamovitz's visit to Ottawa was sponsored by Canadian Associates of Ben-Gurion University of the Negev, which raises funds and awareness for the university across Canada.

Among those in attendance at the reception were Israeli Ambassador Nimrod Barkan and his wife Shlomit; Benoit-Antoine Bacon, president of Carleton University; and Jacques Frémont, president of the University of Ottawa – all of whom expressed support for BGU.

A native of Aliquippa, Pennsylvania, Chamovitz earned his PhD in genetics at the Hebrew University of Jerusalem in 1992 and began his teaching career at Tel Aviv University.

In January, Chamovitz became president of BGU and said that in the nine months he has held the position, he has discovered BGU is a "unique place, and arguably the most important university for the future of Israel."

BGU, originally known as University of the Negev, was established in 1969 in Be'er Sheva with the aim of promoting the development of the Negev, which comprises more than 60 per cent of Israel.

In the past 30 years, Chamovitz said, enrolment at BGU has grown from 4,000 to 20,000 students, and the university has evolved from training engineers to work in Israeli chemical businesses to educating students in fields such as solar energy, nanotechnology, robotics, bio-

*'The things we have discovered in our Institute of Desert Studies are relevant for the entire world.'*

technology, water management, desertification, and information technologies.

In addition to housing Israel's National Cyber Security Centre, National Autism Research Centre, and the National Centre for Desert Research, Chamovitz said BGU has worked with the municipality of Be'er Sheva to build an advanced technology park (ATP), located adjacent to the university, as well as the Soroka University Medical Centre, and the future base of the Israel Defense Forces' elite technology units.

Chamovitz said the ATP includes numerous innovation hubs, such as CDI Negev, which focuses on "digital health-care, healthy aging, education and smart cities"; Cyberspark, an Israeli cyber innovation arena; and BGU Student Funds, a venture capital fund completely run by students at the university.

Between heavy investment in the ATP, numerous faculty positions turning over the next decade, and the university's popularity as a destination for undergraduate students, Chamovitz said he is convinced BGU will become "the leading research university in Israel" over the next decade.

"The things we have discovered in our Institute of Desert Studies are relevant for the entire world, because water conservation, desalinization and usage, alternative energy, and doing agriculture in arid systems are issues that are now relevant globally," he said.

"As the founder of our university wrote in 1958, 'scholars and researchers will sit at the gates of the desert and unlock the secrets of our country.' That's what we are doing at Ben-Gurion University," Chamovitz said.



**Torah Day School:** Ronja Soroka (left) receives the Volunteer of the Year Award at Torah Day School of Ottawa's annual general meeting, September 18. The award was presented by board member Risella Weiss (centre) and Head of School Rabbi Boruch Perton.



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# Federal election candidates share views on issues of concern to Jewish community

The Jewish Federation of Ottawa and its advocacy agent, the Centre for Israel and Jewish Affairs (CIJA), and representatives from various Jewish community agencies, including Grade 8 students from the Ottawa Jewish Community School, took part in roundtable meetings held over four days, with Ottawa-area candidates running in the October 21 federal election.

Candidates were asked to respond to the same five questions of concern to the Jewish community from CIJA's 2019 Federal Election Issues Guide. The meetings were conducted with each party separately to allow clear dialogue and to provide each a chance to present their platforms.

The Liberal Party was represented by candidate Catherine McKenna (Ottawa Centre); the Conservative Party by candidates Abdul Abdi (Ottawa West-Nepean) and Brian St. Louis (Nepean); the New Democratic Party by candidates Angella MacEwen (Ottawa West-Nepean) and Emilie Taman (Ottawa Centre); and the Green Party by candidates Jean-Luc Cooke (Nepean), Angela Keller-Herzog (Ottawa Centre), Oriana Ngabirano (Ottawa-Vanier) and David Stibbe (Ottawa West-Nepean).

The following replies have been edited for clarity and length.

## Will you support a federal rebate to cover some of the costs of security guards for places of worship and other sites targeted for hate?

**Liberal Party, McKenna:** I am happy to look at this because the ultimate goal is to keep community members safe. We recognize that there are security risks. While we can't commit now, I hear you and understand there have been incidents of grave concern in the international community and in Ottawa Centre.

**Conservative Party, Abdi:** We understand the anxiety, stress and costs to the community. While I cannot commit to the rebate now, if elected I can bring the issue forward... I would also like to focus on why security is needed, I would like to put programs in place that deal with hate, antisemitism and fear, to make sure that young people can come into a facility like the JCC and not have to worry about safety and security.

**New Democratic Party, MacEwen:** Absolutely. There is no question the NDP supports this – everyone should feel safe in their place of worship.

**Taman:** We need to continue to do the work to get us to the place where those kind of measures aren't required, but it is the reality and it shouldn't be an additional burden the community



Candidate Catherine McKenna (Ottawa Centre) with Jewish community representatives and Ottawa Jewish Community School students following the Liberal Party of Canada roundtable discussion with the Jewish Federation of Ottawa, September 25.



Candidates Abdul Abdi (Ottawa West-Nepean) and Brian St. Louis (Nepean) with Jewish community representatives and Ottawa Jewish Community School students following the Conservative Party of Canada roundtable discussion with the Jewish Federation of Ottawa, September 18.

## Candidates were asked to respond to the same five questions of concern to the Jewish community from CIJA's 2019 Federal Election Issues Guide.

should have to bear.

**Green Party, Stibbe:** We are supportive of this concept and of the existing Security Infrastructure Program... We also need to push to change our electoral system. A lot of hate is driven by our political structure. Politics are won by dividing our communities, and electoral reform is the way to change that.

## Will you support a government-led strategy to tackle online hate and radicalization?

**Liberal Party, McKenna:** Absolutely. We have done a lot of work with our anti-racism strategy on online hate and with other measures, but we are not there yet... We need to hold social media companies to account, and I have been vocal about this personally. We need to do this... and there is data to suggest, that the things people say

online are jumping offline. This is a worrying trend... I do believe strongly in free speech, but there is a dividing line between free speech and hate speech. I am not sure if we've figured out that line yet and we need to think hard about it.

**Conservative Party, St. Louis:** No one wants to see online hate and in principle I support a strategy to combat it, but we also need to ensure the details do not infringe on freedom of speech.

**Abdi:** I will take a strong stand, online or in person, against those who attack people in terms of their religion, community or race, and will support any strategy that eradicates hate toward any group.

**New Democratic Party, Taman:** That is one of the commitments we've explicitly made. The government has not been very nimble in dealing with

the digital sphere and the regulation of social media platforms... There will always be tensions between freedom of expression and the suppression of violent speech, but that's not a reason not to try to strike that balance... We need to be combatting hate everywhere we find it, and it is proliferating online where it contributes to getting people on board with misinformation and hateful rhetoric.

**Green Party, Keller-Herzog:** The internet is dividing our communities and fomenting hate. This is an excellent policy, and I would like to see it broad-based so that it also pushes back on Islamophobia and other dimensions of racism, discrimination and generations of hate. This is something Canada should be investing in and leading in.

**Stibbe:** American media companies are not regulated in Canada and are not accountable to our government, this is part of the ability for online hate to spread so rapidly... We need to take control of what crosses our borders digitally.

**Ngabirano:** I joined the Green Party because our policies are based on a preventative approach, and education is part of prevention. We need to add and fund this component.

## Will you urge the government to support Israel unequivocally when Israelis defend themselves from terrorism?

**Liberal Party, McKenna:** Our position hasn't changed. We've been clear that as a government and as a party we support Israel's right to security and to defend itself in the context of the two-state solution. Our foreign minister has been strong on this.

**Conservative Party, Abdi:** I support 100 per cent a two-state solution. Israel has the right to defend itself. I understand the threat from Iran and will stand by Israel. Israel also has a responsibility to develop opportunities for peace. It can take a leadership role in making sure the two communities are bridged.

**St Louis:** The UN Human Rights Committee often focuses on Israel instead of other, serious global threats... As long as Hamas is a player, there will be threats and Israel is right in defending itself. I have been impressed with the weighed responses of Israel in many challenging situations... Israel is a sovereign, democratic states with the same rights as any other – and that includes defending itself from violence.

**New Democratic Party, Taman:** Difficult to answer with the use of the term "unequivocally" without context, but there is 100 per cent solidarity with the  
**See Election on page 4**

## Election: Federation holds roundtable discussions with four main parties

Continued from page 3

Israeli people. Agree there are efforts to isolate Israel which have to be pushed back against. There is a concern with the UN structure with the politics there, and I think Canada has to be really strong in defending Israeli interests there... When it comes to international human rights obligations, leaving aside the political motivations in the UN to make certain declarations, I certainly support international law, the rule of law and fundamental human rights norms... Yes, absolutely we would unequivocally denounce human rights violations perpetrated upon the people of Israel, in the same way I hope we would in respect of any state.

**Green Party, Cooke:** The Green Party has previously dealt with the boycott, divestment and sanctions issue. We have moved on and put processes in place to prevent small groups of people joining just to push one policy issue. Israel is an ally of Canada, and Green Party MPs will advocate that Israel has a right to exist, has a right to defend itself and is an economic ally... The Green Party does think the settlement process is detrimental to the peace process. However, we also condemn rocket attacks... Israel does have our unequivocal support, but there will also be criticism that goes back and forth, which is healthy and normal as long as it's focused and constructive.

### Will you advocate for reform of the Disabilities Tax Credit (DTC) to make it more accessible?

**Liberal Party, McKenna:** Our government is focused on how to support the most vulnerable, and we know people with disabilities are more likely to be living in poverty... We are interested in looking at this and we should continue the conversation about the details of how best to do that. Clearly we need to be doing better.

**Conservative Party, St. Louis:** The point of these programs is to help people who need them, and there is always room for improvement. I've met people who have had problems with the DTC, so to me it is going backward instead of forward. Making the DTC more accessible seems like an achievable goal.

**Abdi:** We will protect the DTC. Andrew Scheer also recently talked about the new plan for the child tax credit that will be an additional \$500 for young people with disabilities... We will also protect and support the Disability Savings Plan... Our government will always be a champion, and where we feel there are gaps to be filled, we will be there to support you.

**New Democratic Party, MacEwan:** Yes. Our commitment is we would look at the whole range of tax credits and benefits that are available. We need to look at the whole suite of programs to



Candidates Emilie Taman (Ottawa Centre) and Angella MacEwan (Ottawa West-Nepean) with Jewish community representatives and Ottawa Jewish Community School students following the New Democratic Party of Canada roundtable discussion with the Jewish Federation of Ottawa, September 26.



Candidates David Stibbe (Ottawa West-Nepean), Angela Keller-Herzog (Ottawa Centre), Oriana Ngabirano (Ottawa-Vanier) and Jean-Luc Cooke (Nepean) with Jewish community representatives and Ottawa Jewish Community School students following the Green Party of Canada roundtable discussion with the Jewish Federation of Ottawa, September 19.

make sure they're accessible and meet needs... We are also going to do a pilot program in EI around episodic disabilities to make that work better for people.

**Taman:** It's important we work with people with disabilities and their advocates to look at ways that we can strengthen legislative frameworks, accessibility legislation. Sometimes it feels to people like programs are designed to keep them in poverty.

**Green Party, Ngabirano:** The Green Party wants to offer a guaranteed livable income to each and every Canadian to allow them to live in dignity. The social policies in place are outdated, tax credits come and go with governments and are not stable.

### Will you support a guarantee that five cents of every federal dollar spent on affordable housing goes to those with developmental disabilities?

**Liberal Party, McKenna:** It is good the federal government is finally back into affordable and social housing, and

that we are putting the money behind it... We certainly need to look at what percentages are required to support those who need it most. People with developmental disabilities are often in poverty... I can't commit to that amount right now, but I will look at it and raise it. This all has to be part of a strategy to support the most vulnerable, and housing is a critical part of that.

**Conservative Party, Abdi:** While I cannot commit to the five cent number, the Conservative Party has promised a three per cent increase to social transfers to provinces every year, which will go up along with the GDP... We will honour all housing commitments already in place, and where applicable will encourage more. We will also work with the provinces and municipal governments to make sure there are no stumbling blocks... We will also lower taxes for small businesses that want to get engaged in this area to ensure that they can make it easier to get rental units.

**New Democratic Party, Taman:**

### GRADE 8 STUDENTS' COMMENTS

Ottawa Jewish Community School Grade 8 students attended the meetings as part of their Social Studies curriculum. Here is their feedback:

**On the Liberal Party platform:** "The party is dedicated to helping those most vulnerable and making sure kids have access to sports, have a roof over their head, and parents have the means to support their children." –*Kiera and Max*

"The party showed a commitment for helping tackle online hate and radicalization. Online hate motivates people to spread hate offline. As the youth of today, we are the most connected online and feel that this is an issue that needs to be addressed." –*Grade 8 Class*

**On the Conservative Party platform:** "We like the tax credits to support students getting involved in arts and sports. There are many families that need financial support for these important activities for children today." –*Zoe and Aidan*

"The Conservative candidates answered each question in a very clear and straight forward way and brought in personal connections." –*Jessica and Lior*

**On the New Democratic Party platform:** "When it comes to affordable housing, we appreciate the fact that the NDP committed 500,000 new units. We hope that a percentage of these will be dedicated to adults with developmental disabilities to help the Tamir Foundation." –*Zoe and Jayson*

**On the Green Party platform:** "The candidates are environmentally aware by thinking about the current generation as well as future generations. There is no Planet B." –*Talia*

The affordability question is tied to a lack of supply. In Ottawa Centre, we are proliferating luxury condos when what we really need is rental housing. Our plan includes building 500,000 new units across Canada, with a clear priority on non-profit and co-op housing... We are also mindful more is needed for supportive housing. Five cents on every dollar seems like a very modest ask. It is something I would certainly support.

**Green Party, Cooke:** The Canadian Mortgage and Housing Cooperation was created to buffer the mortgage market from shocks, but also to produce community housing at the provincial and municipal levels. We want to reintroduce that mandate... When people have stable places to live, many other complicating factors of their life get better. The five cent target is very reasonable, we support it and it may even be too low.

# Security at Jewish community institutions is a top priority

BY MARTIN SAMPSON  
CIJA

**A**risk of rain and unseasonable humidity were not enough to stop a determined group of Ottawans from heading outdoors to position guards and sentries to secure the Soloway Jewish Community Centre as a refresher to recent security training organized by the Jewish Federation of Ottawa.

On September 11, Federation, in partnership with the National Community Security Program managed by the Centre for Israel and Jewish Affairs (CIJA), held its High Holiday security seminar. Conducted annually, Federation's objective for the event – and others like it – is to provide community leaders with tools to enhance security at their respective institutions by empowering staff and volunteers through education and skills training.

Direct access to professional consultations and courses, such as “Stop the Bleed – Trauma First Aid,” “Run/Hide/Defend” and “Basic Security Situational Awareness” help to prepare trainees to mitigate threats and respond to them should a worst-case scenario happen. The harsh reality is that, had people in Pittsburgh and San Diego not received training on effective response to an active-threat incident, the outcome – tragic as it was – would have been much worse. As routinely conveyed by CIJA Security Director Ryan Hartman, training and preparedness saves lives. The security aim of the Canadian Jewish Federation Network, under CIJA's National Community Security Program, is to build communal capacity and resilience,

and Ottawa's Federation is doing its part by assisting community leaders to disseminate the lessons learned during these sessions to their staff, congregants, and the public at large.

Over the last two years, CIJA has sought to make its security training more hands-on and less lecture-based, as demonstrated in the recent session, “Stop the Bleed – Trauma First Aid,” which required maximum audience participation. This was demonstrated last week as Gerry Almendrades, CIJA security adviser (and Ottawa resident), built upon the foundations laid by the “Situational Awareness” course with attendees practicing its principles in a realistic, active scenario. After a review of previously learned fundamentals, the trainees went outside where Almendrades instructed them to envision their individual institution. He asked them to place their guards and sentries in a manner that would provide sufficient early warning for emergency protocols to be activated. As trainees went through the exercise, questions of visibility, communications, and allocation of sentries arose – all which, with some prompting, were readily solved by the participants.

Before bringing this latest training session in Ottawa to an end, Almendrades reiterated that practical knowledge of these principles is important regardless whether a shul, school, or any other Jewish community organization contracts its security or uses a volunteer security cadre. A knowledgeable and security-conscious staff and membership serves to support our communal security. With



Participants in the Jewish Federation of Ottawa/CIJA High Holiday security seminar gather for an exercise outside the Soloway Jewish Community Centre, September 11.

regard to capacity, Almendrades advised that institutions without funds for professional security services would benefit from a volunteer security cadre who, once trained, can perform as effectively as contracted private security services.

Any organization seeking to build a volunteer security cadre or train

their members should contact Federation Vice-President Leslie Kaufman at [lkaufman@jewishottawa.com](mailto:lkaufman@jewishottawa.com) and request the support of the CIJA security team to assist with their security needs.

*Martin Sampson is vice-president of communications at the Centre for Israel and Jewish Affairs.*



**JET challah bake:** Margo Blostein leads friends and family in making and shaping challah at the JET pre-Rosh Hashanah Challah Bake, September 17, at the Soloway Jewish Community Centre.

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**FEDERATION  
REPORT**



**KAREN PALAYEW AND RABBI REUVEN BULKA, CO-CHAIRS, 2020 ANNUAL CAMPAIGN**

**A**s co-chairs of the 2020 Jewish Federation of Ottawa Annual Campaign, we have taken on the important responsibility of leadership in fundraising for our community. In doing so, we recognize, appreciate, and value the over-arching role that Federation plays for every member of our community. Federation ensures that each and every one of us is safe and secure, that we are cared for at every stage of our lives, and that we have access to vibrant, meaningful, and inclusive Jewish experiences.

Federation is committed to us. We are committed to Federation. We feel it is important to bring to our community a greater awareness of Federation's mandate, and the enormous support it provides.

So, what do AJA (Active Jewish Adults) 50+, Camp B'nai B'rith of Ottawa, the Chabad Student Network, Hillel Ottawa, JET (Jewish Education through Torah), the Jewish Youth Library, Limud Ottawa, Ottawa Torah Centre, the Sephardi Association of Ottawa, the Soloway Jewish Community Centre, the Bess and Moe Greenberg Family Hillel Lodge, Jewish Family Services of Ottawa, and Tamir have in common?

All of them are funded by Federation. That is quite a range. And it does not stop there. Literally every Jewish education institution in Ottawa is funded by Federation. Add to this Birthright

# The simple truth: A gift to Federation helps all of Jewish Ottawa

Israel, Emerging Generation programs, Holocaust education, Jewish Jumpstart, the Jewish Women's Renaissance Project, March of the Living, the Ottawa Jewish Archives, PJ Library, the Shinshinim Program, and the new kid on the block – Jewish Experience Microgrants.

The range is enormous and all embracing. Federation touches everyone in one way or another. If you are involved or value being a member of a strong, supportive, and compassionate Jewish community, then you benefit from Federation.

So, when we launch our 2020 Annual Campaign, we are effectively asking all of us to help each other, to help ourselves. That is the simple and full truth.

However much we do, we can do more. The most recent Campaign, vintage 2019, raised an extra \$1 million, thanks in large part to the Challenge Fund made possible by Stephen and Jocelyne Greenberg, Dan Greenberg and Barbara Crook, Roger Greenberg and Robert Greenberg. These gifts have gen-

erated impactful new programs to benefit the community.

These same generous people have once again stepped forward to launch another Challenge Fund wherein all new dollars raised over and above last year's donations will be matched dollar for dollar. We are excited at the prospect of once again generating more dollars to further impact Jewish life in Ottawa.

We hope that those of you who stepped up to the plate last year will do so once again, and even more so.

And those who did not, we hope you will hop(e) on to the Jewish Superhighway for an exciting ride into Jewish community excellence, wherein we are all together, where we all count, where we are all doing our best to enhance our community.

With best wishes for a healthful, tranquil, meaningful, and Happy New Year – A Shana Tova Umetukah.

*Karen Palayew and Rabbi Reuven Bulka are the co-chairs of the 2020 Annual Campaign.*

**FROM THE  
PULPIT**



**RABBI MENACHEM BLUM, OTTAWA TORAH CENTRE CHABAD**

**I**write these lines a few days before Rosh Hashanah, as Jews around the world prepare to greet the New Year. This is a period for introspection when we dedicate some time to *cheshbon hanefesh* (soul accounting). Taking stock of our actions of the past year to decide where we have improved and where improvement is still needed. Which unwanted habits have to be discarded and which good practices and mitzvot have to be kept and built upon.

Very much like the first step practiced in preparing a brisket for smoking. This is something I recently learned while organizing Ottawa's first Kosher BBQ Cook-Off. Some fat has to be trimmed off the brisket and some fat has to be kept. Trimming it too much will make it too dry and trimming it too little will make it taste too fatty. The first step in preparing for the

## Brisket lessons for the New Year

*May you and yours be inscribed and sealed for a Happy and Sweet New Year. Shana Tova!*

New Year is to think deeply and honestly as to what we want to keep and what we want to discard.

As with every other New Year celebration, the second step is to take on good resolutions. To add another mitzvah and good practice in the upcoming year which will add spice and flavour to our life. Every one of the seven teams who participated in the Kosher BBQ Cook-Off applied their own spices and rubs to their brisket before starting the smoking process. Each one of us can find one more mitzvah that we can add and incorporate into our lives to give it a little more meaningful flavour.

Then, there is the science of smoking the brisket that I learned about. The heat temperature has to be stable and water has to be used to help keep moisture in the smoker. This mixture of heat and water is symbolic of two elements needed to achieve success in our New Year's endeavours. Our approach in life must have two oppos-

ing forces. Heat, which is the by-product of fire, and its polar opposite, water. On the one hand, we must be like fire, which always reaches upward, expressing our yearning to reach a higher place. We must strive to go from strength to strength and constantly rise higher. On the other hand, we must be like the calm water, which flows downward, which symbolizes the idea of being present in every moment of our lives.

Finally, I learned that after the brisket comes off the smoker, it is wrapped up to rest, so that it maintains its heat and holds its moisture. While we are excited about the New Year and our new resolutions, we all know too well that many resolutions don't last very long. We need to wrap ourselves up with the recognition that the purpose for which we were created, is to serve our Creator and make the world a better place to live in. Maintaining this awareness through the year will ensure that even after the inspiration of the High Holidays wanes, our warm enthusiasm, passion and excitement, to make this year the best ever, will be sustained.

May you and yours be inscribed and sealed for a Happy and Sweet New Year. Shana Tova!

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FROM THE EDITOR



MICHAEL REGENSTREIF

## Is it Netanyahu's time to go?

opted not to serve in a Netanyahu-led coalition that included the haredi Orthodox parties.

That gambit only served to strengthen Liberman's hand. His Yisrael Beiteinu party won eight seats this time and, as I write, Liberman is still refusing to put Netanyahu over top for the same reason.

Recognizing that neither Netanyahu, whose Likud party won 32 seats, or rival Benny Gantz, whose Blue and White party was slightly ahead with 33 seats, had a particularly viable path to forming a governing coalition, Israeli President Reuven Rivlin attempted to broker a unity government between the two major parties.

As I write, on September 27, that initial effort to broker a unity government has failed and Rivlin has given Netanyahu the first crack at forming a governing coalition. Unless there is some totally unexpected development, it is unlikely that Netanyahu will succeed in putting together a coalition.

If Netanyahu fails, it is likely Gantz will be given an opportunity to form a coalition, but Gantz's odds of success appear to be no better than Netanyahu's.

That would leave two options: forming a unity government or a third election in less than a year. At this point,

few observers believe that the results of a third election would be substantially different than the first two.

But the effort to form a unity government if both leaders fail to put together a coalition might have a better chance at success than the first attempt.

Perhaps the biggest factor that stopped the first effort at forming a unity government was the status of the possible indictment of Netanyahu on three criminal corruption charges. Gantz insisted that he would not share power with Netanyahu while he is under indictment or the cloud of indictment.

Before the April election, Netanyahu had succeeded in delaying his pre-indictment hearing on the three charges until October 2 and 3. Lo those many months ago, Netanyahu assumed he would be back in power and would have been able to pass a law protecting himself from indictment. Things did not work out that way and Israeli Attorney General Avichai Mandelblit indicated he would not change the hearing dates.

With Netanyahu's opportunity to form a coalition lasting well into October, Mandelblit's decision on whether or not to indict him could well be at hand during the negotiation period.

Although Netanyahu has vowed to stay on even if he is indicted, there is much speculation that Likud will force him to step aside if he is under indictment.

So if another Likud leader is in place, Gantz's objection to forming a unity government would be removed. And should the attorney general decide not to indict Netanyahu, the objection would also be irrelevant.

In power since 2009, and having served a previous term from 1996 to 1999, Netanyahu is now Israel's longest-serving prime minister and while he is still popular with many voters, the success of the Blue and White party – which was only founded about seven months ago – must be at least partially attributed to voter fatigue with Netanyahu. At some point, in every democracy, voters want – indeed need – to change leaders. Many Israeli political commentators are saying much of the country has reached that point.

The next weeks and months could well see huge changes in Israel's political leadership.

Meanwhile, here in Canada, we're well into the federal election campaign, and it's hard to turn away from the daily bus crashes of American politics. Fascinating times for political junkies like me.

‘Who will form Israel's next government?’ was the headline of my column in the September 23 edition of the Ottawa Jewish Bulletin. That question is still on the table.

That column was written on September 13, four days before Israelis went to the polls on September 17 for their second election in five months; an election that was called after Prime Minister Benjamin Netanyahu could not put together a coalition of 61 Knesset seats needed to govern.

The stumbling block to a coalition after the April 9 election was former defence and foreign minister Avigdor Liberman and his Yisrael Beiteinu party, which controlled five Knesset seats, but

IDEAS AND IMPRESSIONS



JASON MOSCOVITZ

## Much adrenaline and little sleep

every day will provide a statement, a reaction, or a mistake that will propel scribes on the tour to getting their stories out.

There are usually no scoops on a campaign tour. The stories are pretty similar and that is precisely what the political planners want. Control. The political pros who work the campaigns always like to know, not so much what the journalists are writing, but rather, what they are thinking.

Reporters are often led into conversations that always start friendly and innocently, but the whole point of talking to them is find out what their take is on certain things. Political staffers need to know what reporters think, individually and collectively, because they can't afford not to. Surprises are bad for business. Reporters know to be careful, but it is hard at close quarters.

I never liked the term “handler,” but that is still the term used for the political staff who travel on the tour. Their tasks range from talking to reporters to advising the leader, while others facilitate hotels and meals. While media outlets pay for the travel, food and hotels, it is the political parties who organize it and, in some cases, subsidize it.

The rule of thumb has always been that if reporters are kept happy and

well fed, their reporting will be more favourable. It sounds dumb, but it's not. Hungry people don't write well.

A well organized, efficient campaign is one whose planners think of everything. A badly organized effort sends out a message that if people can't organize an election campaign properly, chances are they can't run a government. That may be too simple, but a campaign is a test in a bubble, and the bubble can't burst.

It has been a longstanding policy for media outlets not to keep the same reporter on any one campaign for too long. Rotation is a common practice for two reasons. If a political party considered a reporter overly and unnecessarily negative, rotating reporters alleviates the complaint. And then there is the risk of Stockholm syndrome. Too long in one bubble and a reporter might begin to believe everything he or she hears. Overly positive also needs to be avoided and rotation takes care of that, too.

Looking back I now realize how little of an election campaign the public actually sees or hears about. What is missed the most is the humour. Political reporters instinctively develop, in private, an innate way of joking about

the politicians they cover.

Put them on a long flight with a few drinks and the humour gets funnier – but, somehow, funny doesn't fit. It is a cutting kind of humour that would not be appropriate in real life. An election campaign in the sky is not real life. It is the only place that political staffers can enjoy the humour at the expense of their bosses.

Often, certainly past the halfway point, the telltale signs are there to know who is winning and who is losing. There is a gaiety with a winning campaign ride that creates a lightness in spirit and somehow, when that lightness hits, media workrooms give up the doughnuts and replace them with canopies and lattes.

Losing campaigns stick to the doughnuts and bad coffee while the staff keeps smiling. It is one thing to know you are losing and another to admit it. It is called the game face, the face that says what Yogi Berra used to say, “It ain't over till it's over.”

At the end of the campaign reporters feel sad, tired and empty. The adrenaline leaves the body and the rush is over.

Believe me, it takes a long time to land.

For a political reporter, an election campaign is what you live for. To be on a party leader's tour means so much adrenaline and so little sleep. It's a professional experience like no other as people live together in a bubble, in airplanes and busses, for weeks at a time.

Now, so many years after my last campaign, I can still feel the excitement as others do it. The technology is much improved, but the game is the same. It is a time when the leaders sell themselves and their party platforms to voters, and they still need journalists to help them do it.

Listening to the same campaign speech every day is tedious, but in the world of electoral politics you know that

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Dara Lithwick leads a learning session during Limmud Ottawa, March 31, 2019.

## May 5780 bring a renewed love of learning

GUEST COLUMN  
**DARA LITHWICK**

The Jewish people are referred to as the “People of the Book,” but for many of us our formal Jewish education ended back in Hebrew school.

We know, from the Shema prayer that is recited twice daily, that we are commanded to teach our tradition to our children: “You shall teach them with your children, to speak with them, when you sit in your home, when you walk on the way, when you lie down and when you arise (Deuteronomy 11:19).”

American Rabbi Shmuly Yanklowitz frequently gets asked (from across the denominational spectrum), “Rabbi, how do I get my child (or grandchild) to love Judaism?” His answer is always the same: “You must love it!”

He explains, “The main reason that parents don’t engage their children in rigorous intellectual and spiritual Judaism is because they themselves aren’t being engaged in their own Jewish journeys.” Indeed,

“meaningful Jewish experiences for adults have a profound and enduring effect on the psyche and will have a trickle-down effect to children.”

Judaism isn’t a tradition just for kids. Rather, it is a tradition focused on how to improve ourselves and the world by bringing God’s light into the world (think of the prophet Isaiah’s vision of the Jewish people serving as a light unto the nations). For thousands of years, Jews have struggled with how to do this. Our tradition is rich and nuanced, and eminently applicable to what is going on in our world and in our lives today. In the words of the sage Ben Bag-Bag, “Turn it [Torah] and turn it again, for all is in it; see through it; grow old and worn in it; do not budge from it, for there is nothing that works better than it (Pirkei Avot 5:22).”

Indeed, Judaism has survived and thrived over millennia because of its ongoing relevance. It is no wonder that we call the Torah an *etz hayim* (living tree), precisely because our ongoing engagement with Torah keeps both it, and us, alive, to face our 21st century human condition.

As we approach Simchat Torah, the celebration of the completion

and beginning of a new cycle of Torah exploration, I invite us to take advantage of the myriad ways to dive into the wisdom of our tradition. Sign up for a weekly D’var Torah email, take a dip into the deep meanings of Talmud, try some Jewish meditation, explore social justice through Torah, engage in a Mussar workshop on Jewish ethics, explore Biblical stories through a contemporary lens, read up on Chasidism. There are many options online and here in Ottawa between our wonderful synagogues and at the Soloway Jewish Community Centre (SJCC). For example, I’ll be teaching “Foundations of Jewish Family Living” through the Florence Melton School of Adult Jewish Learning at the SJCC, where we’ll be probe complex and meaningful Torah stories from a multi-denomination perspective and with ways to bring the lessons home to the children in our lives.

As Rabbi Yanklowitz argues (and I agree), if we as parents find deep meaning in our tradition, there is no doubt that we’ll want our children to love Judaism as much as we do.

Wishing you and yours a wonderful 5780 filled with learning and love.



**Dan Mader**  
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**JNF Negev Dinner is November 11, 2019  
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*JNF Negev Dinner proceeds will help to build the new  
Save a Child's Heart Children's Hospital.  
Here's why the project is critical to helping save  
more tiny lives*

Save a Child's Heart has miraculously saved 5,000 little patient lives since its inception. More miraculous is that the organization has thrived, even though it has been situated within the Wolfson Medical Centre in Holon, Israel, established in 1980. While equipment has been regularly upgraded to maintain the quality of care, there has been no upgrade or expansion of WMC's original facility since it was first built.

In addition to the poor infrastructure, **there has never been a children's hospital or pediatric facility.** The result is that the various pediatric departments and wards are spread throughout the hospital, often far-removed from each other, and essentially mingled with non-pediatric facilities. Currently, the pediatric heart surgeries are performed in one dedicated operating room – limiting number of children who can be saved.

WMC and Save a Child's Heart Israel, with the support of generous donors, have undertaken to build the new Children's Hospital, which will be a five-floor building incorporating in a state-of-the-art, child-friendly and dedicated facility, all of the various pediatric wards, units and services currently spread throughout WMC. The Children's Hospital will serve both the WMC local pediatric catchment population, as well as the ongoing patient flow of Save a Child's Heart patients, which is expected to increase following completion.

**Why are Honourees Sharon and David Appotive supporting this project?**

"SACH is such a remarkable non-profit organization. It has treated children from 59 counties, including more than 2,500 Palestinian patients from the West Bank and Gaza. All patients are treated free of cost. According to SACH's lead surgeon, Lion Sassoon, 'There is nothing more gratifying than being part of saving a life. To be able to put aside politics and help a human being in need, a child – this is the miracle that doctors at SACH perform every day.' To us, that says it all."

To buy a table, tickets or to donate, visit [jnfottawa.ca](http://jnfottawa.ca), call or email our office.

**Sefer Bar Mitzvah and Bat Mitzvah**

**Isaac Rosenberg**, by his grandparents, Bev and Irv Swedko, and his parents, Pam and Jeremy Rosenberg.

**Eli Daniel Tencate**, by his grandparents, Sheila and Stephen Senman.

**Evan Hannah Tencate**, by her grandparents, Sheila and Stephen Senman.

**Abby Todd**, by her parents, Sherri and David Todd.

**Jenny Peters**, by her parents, Miriam and Danny Peters.

**Ava Tal**, by her parents, Anna and Danny Tal.

**Sefer Hayaed**

**Moshe Eliezer Steinman**, by Sara and Leslie Breiner.

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# Federal election voting options

**BY TOBY YAN,  
COMMUNITY RELATIONS OFFICER  
OTTAWA WEST-NEPEAN**

**AND MERLE HALTRECHT-MATTE,  
COMMUNITY RELATIONS OFFICER  
OTTAWA-VANIER**

**T**he upcoming federal election will be held on Monday, October 21, 2019. This Election Day coincides with the Jewish holidays of Shemini Atzeret and Simchat Torah.

There are alternative voting options available to you other than on Election Day – including at an Advance Poll, by Special Ballot at an Elections Canada Office, or by mail. For this election, there will be extra voting kiosks set up to accommodate this phenomenon.

**ADVANCE POLLS**

Advance polls will be held at specific advance polling stations on October 11, 12, 13 and 14, and will be open from 9 am to 9 pm. There are many locations of advance polling stations. The dates and addresses of advance polls will be available on the Elections Canada website, on your voter information card, or by calling Elections Canada at 1-800-463-6868.

The advance polling days that do not conflict with Shabbat or with the first day of Sukkot are Friday, October 11 before 6 pm; Saturday, October 12 after 7:10 pm; and Sunday, October 13 before 6 pm.

**SPECIAL BALLOT**

You can register to vote by special ballot on any day until October 15. You can register online, by mail, or in person at an Elections Canada office, at an Elections Canada kiosk, or at a Vote on Campus office at a post-secondary institution. A list of campuses where you may vote will be available at the Elections Canada website.

After registering in person, you can proceed to vote immediately at the location of registration. If you are unable to attend at a voting poll, call your Returning Officer and ask for a ballot package to be brought you. If you vote this way, do it as soon as possible.

**VOTING AT KIOSKS**

To accommodate Jewish voters in Ottawa, there will be Elections Canada Voting Kiosks at the following locations:

**Sunday, October 6, 10 am to 6 pm, at Beit Tikvah**

Synagogue, 15 Chartwell Avenue, Nepean;  
**Monday, October 7, 9 am to 7 pm** at the Soloway Jewish Community Centre, 21 Nadolny Sachs Private, Ottawa;

**Monday, October 7, 12 pm to 8 pm**, at Ottawa Torah Centre, 111 Lamplighters Drive, Nepean;

**Thursday, October 10, 9:30 am to 7 pm**, at Hillel Lodge, 10 Nadolny Sachs Private, Ottawa.

To vote, you must be a Canadian citizen, be at least 18 years old on Election Day, and prove your identity and address. You will need to provide a piece of government issued photo ID with your address, or two pieces of other ID, one of which shows your current address.

You can vote at these Election Kiosks even if you reside outside of the riding where the Election Kiosk is located. You will need to know the name of your candidate for whom you will vote as they will not stock ballots for every riding. You will write out the name of your candidate on the ballot.

**VOTING BY MAIL**

To vote by mail, apply online or at any Elections Canada office across Canada before Tuesday, October 15, 6 pm. You will receive your voting kit by mail. If you choose this route, you must follow through and vote by mail.

**MORE QUESTIONS**

If you have any questions about your voting options, contact your local Returning Officer:

**Carleton** – Jennifer A. Cook, 6179 Perth Street, Suite 1, Richmond 1-866-564-6485;

**Kanata-Carleton** – Keith H. Anatol, 155 Terence Matthews Crescent, Kanata 1-866-241-7765;

**Nepean** – Judy DiMilo, 595 Moodie Drive, Nepean 1-866-256-2806;

**Orléans** – Sylvie Duford, 110 Place d'Orléans Drive, Suite 2016, Orléans 1-866-275-1657;

**Ottawa Centre** – Gail Lynch, 835 Carling Avenue, Ottawa 1-866-275-1649;

**Ottawa South** – Eileen Raven, 1800 Bank Street, Ottawa 1-866-275-1775;

**Ottawa Vanier** – Rachel Crete, 282 Dupuis Street 1-866-275-1778;

**Ottawa West-Nepean** – Arnold Finkelstein, 60 Tiverton Drive, Ottawa 1-866-275-1841.

Visit the Elections Canada website at <https://tinyurl.com/y5uena7c> for more information.

## LETTERS WELCOME

**Letters to the Editor are welcome. They should be brief, signed, timely, and of interest to our readership. The Bulletin reserves the right to refuse, edit or condense letters.**

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# Michael Koplow: Leading expert on Israel to speak in Ottawa



Michael Koplow of the Israel Policy Forum is set to speak in Ottawa on October 23 at the SJCC and October 24 at uOttawa.

BY ADAM MOSCOE  
FOR ISRAEL POLICY FORUM

**O**n October 23 and 24, Ottawa community members will have the opportunity to meet and engage with Michael Koplow, the Israel Policy Forum (IPF)'s Washington-based policy director, one of the most lucid and knowledgeable experts on Israel affairs.

After two elections in Israel in 2019, this timely visit will allow for reflection on 'what's next' in the region, including with respect to current peace and security challenges facing Israel.

For the past year, I have had the honour of being part of the first cohort of IPF's Charles Bronfman Conveners. The Forum works to shape the discourse and mobilize support among Jewish leaders and policymakers for the realization of a viable two-state solution. IPF does this by promoting policy measures endorsed by credible security experts, developing analysis and commentary, and convening programs that engage and educate leaders across the political, denominational, generational spectrums.

In November 2017, IPF recognized its Advisory Council chair, Charles Bronfman – the legendary Canadian philanthropist – for his leadership in

the community with an honorary gift to inspire next generation support for Israel and the two-state solution. Recognizing that extreme polarization currently characterizes the communal dialogue on the Israeli-Palestinian conflict, the Conveners strive to further elevate the discourse in our communities throughout the United States – and in Ottawa (as I was the sole Canadian in the cohort).

Koplow is a regular contributor to Foreign Affairs and Foreign Policy magazines, writes the weekly "Koplow Column" and edits Israel Policy Exchange. He holds a BA in history from Brandeis University, a JD from New York University, a master's in Middle Eastern studies from Harvard, and a PhD in political science from Georgetown.

Koplow's visit to Ottawa is sponsored by the Centre for Israel and Jewish Affairs. He will speak at the Soloway Jewish Community Centre on Wednesday October 23, 7:30 pm, and at the University of Ottawa's Centre for International Policy Studies on Thursday October 24, 12:30 pm. Both events are free of charge. For further information, contact me at [adam.moscoe@gmail.com](mailto:adam.moscoe@gmail.com).

*Adam Moscoe is a member of the Young Leaders Circle of the Centre for Israel and Jewish Affairs.*

## The Trump Peace Proposal

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## Holocaust trauma may be transmitted to subsequent generations

BY MINA COHN  
CENTRE FOR HOLOCAUST EDUCATION  
AND SCHOLARSHIP

**T**ammy Bottner, who was born in Ottawa, is a physician, writer, and mom. She is also the child and grandchild of Holocaust survivors.

Bottner will present her debut book, *Among the Reeds: The true story of how a family survived the Holocaust*, at a bagel breakfast at Temple Israel on Sunday, October 27, 9:30 am. Ambassador Johan Verkammen of Belgium will offer words of welcome.

In *Among the Reeds*, Bottner recounts the moving story of her family's travails in Europe before, during, and after the Second World War.

"The fact that I was born at all is something of a miracle", she says. "So many Jewish children perished in the Holocaust. But my father survived."

In fact, her father, and his sister Irene, were two of the "hidden children of the Holocaust," separated from their parents at a tender age for the duration of the war.

"The trauma of that separation changed everyone involved," she notes. "The parents, the children, even those who saved them. And that trauma may not have ended with the conclusion of the Second World War."

"I had the most disturbing thing happen when my own first child was born" she says. "I experienced what felt like flashbacks of being hunted by the Nazis. Living in an idyllic community 50 years after the Second World War, I was literally shaking with fear, imagining Nazi boots pounding up the stairs. It was incredibly upsetting."

Those war-time experiences didn't really happen to the author. They happened to her grandmother Melly, decades earlier and thousands of miles away. So what was going on?

Scientists have found that the trauma of surviving the Holocaust changed survivors' genes. And that those changes have been passed on to second and third generation survivors. In her book, Bottner reviews the fascinating science of epigenetics, discussing intriguing evidence about trans-generational trauma transmission.

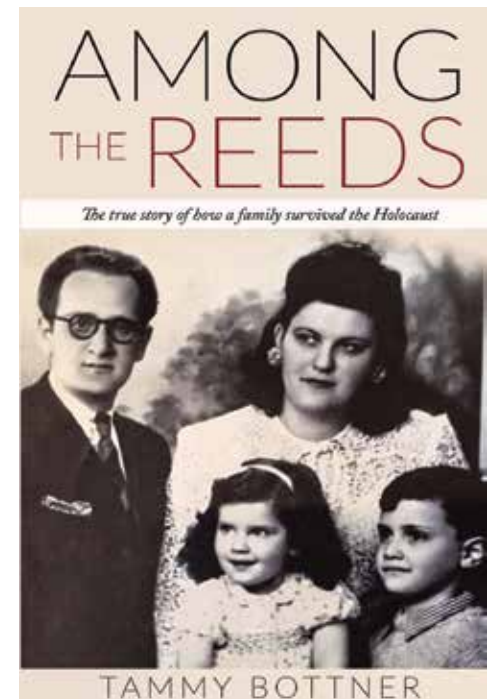
Following the war, the author's grandparents, Genek and Melly Bottner, settled in Ottawa and opened Elite Furs on Bank Street. Her father, Al Bottner, met his future wife, Ottawa native Rosalee Segal, daughter of the late Al and Betty Segal.

"For much of my life I avoided all

*"The fact that I was born at all is something of a miracle"*



Author Tammy Bottner will discuss *Among the Reeds: The true story of how a family survived the Holocaust* at Temple Israel, October 27.



things Holocaust related," says Bottner. "It was too upsetting."

But eventually, realizing that her family's survival story would be lost with time, the author decided to research what happened. She interviewed her surviving relatives and did meticulous research resulting in this book.

To attend Bottner's talk, RSVP to [HEMsvp2019@gmail.com](mailto:HEMsvp2019@gmail.com) by October 22. Visit <https://tinyurl.com/y3j5ofs7> for more information.

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# 'Pragmatic progressivism and politics as the art of the possible'

## RUBIN FRIEDMAN BOOK REVIEW

### *A Thousand Small Sanities: The Moral Adventure of Liberalism*

By Adam Gopnik  
Basic Books  
272 pages

Adam Gopnik, a staff writer at The New Yorker, has written a personal and spirited outline of his view of liberalism, illustrating how it has been developed and practiced by those he sees as liberal precursors and heroes, and then by attempting show what it is not.

His first definition of liberalism presents difficulties from the beginning and he starts by limiting it to "those of us who think of ourselves as liberal humanists."

*Liberalism is an evolving political practice that makes the case for the necessity and possibility of (imperfectly) egalitarian social reform and even greater (if not absolute) tolerance of human difference through reasoned and (mostly) unimpeded conversation, demonstration and debate.*

Admitting the vagueness and lack of clear specificity, Gopnik then proceeds to use the lives, personalities and writings of those he most closely identifies with the admittedly evolving liberal tradition, often coupling those who worked together such as John Mill and Harriet Taylor, or George Henry Lewes and Marion Evans (George Eliot), but also William Gladstone and Benjamin Disraeli.

The starting point of all these examples is the need to move towards social justice within our democratic structures. To narrow down further what he means by liberalism, Gopnik introduces the notion of fallibilism and sympathy for others as central to liberal practice. Humans are often wrong and those who are 'right' need to show compassion and sympathy for those who cannot change as fast as others.

Ultimately, his liberalism is marked by pragmatic progressivism and politics as the art of the possible in a democratic society.

Gopnik further tries to separate liberalism from those ideologies both to the left and the right, finding both rigidities antithetical to both liberalism and to long-term change. Both of these make sweeping condemnations of certain categories of humans and seek to impose change through revolution or oppression.

In a way, Gopnik is illustrating the challenges for all those who want to avoid conflict, divisiveness and the cruelty of victors to losers which ultimately

is overturned in a continuing cycle.

Strangely, the considerations he speaks of have been germane to Jews throughout their history: Separation or integration? Egypt or Assyria? Resistance/revolution or compromise and obéissance? Notice the seeming contradictory advice of Isaiah and Jeremiah, one for resistance, the other for surrender.

Jews in the Diaspora have long had other political dimensions that press upon them: Associate with the powerful or the ordinary person? The linguistic majority or the minority?

In the end, just meaning well and wanting to avoid conflict does not predict which course of action is called for in a particular situation nor whether any individual Jew will be more for change or for tradition. Have we yet learned how not to let these myriad questions divide us?

Gopnik's definition of liberalism indicates why things inevitably fly apart, why the centre will not hold.

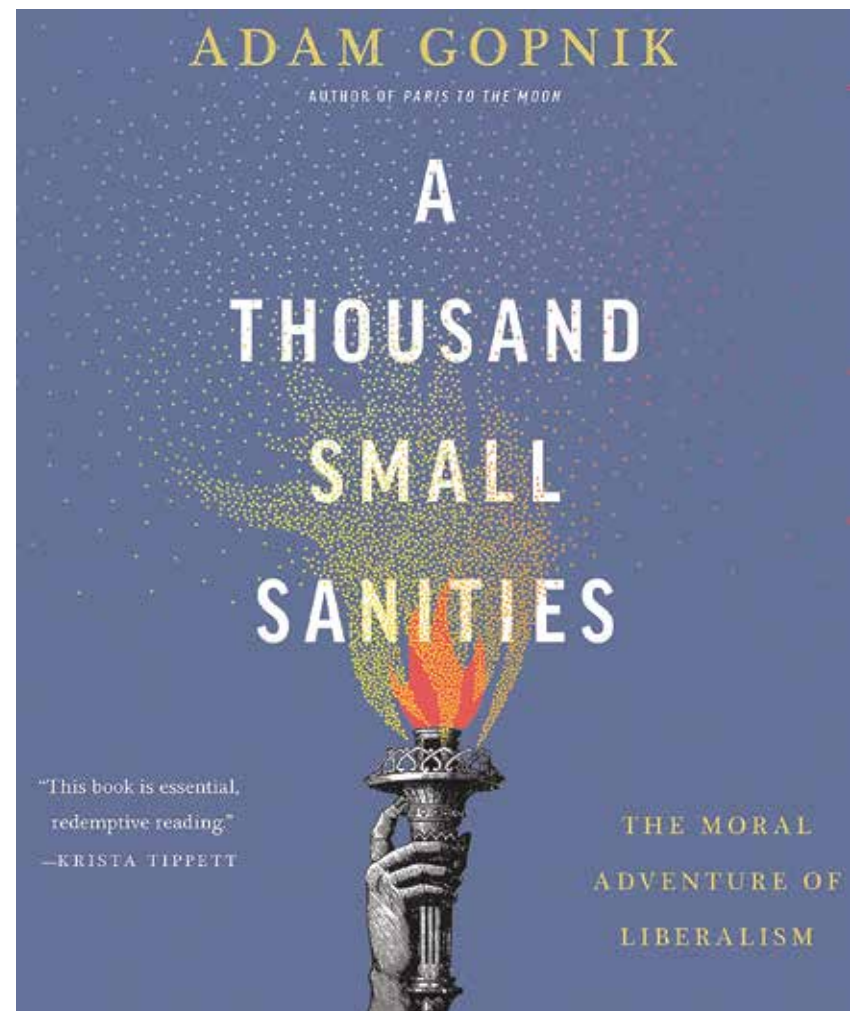
Every one of the words he includes in brackets can have many answers. Thus neither the upper nor lower limit of tolerance of difference is set. How egalitarian is good enough, and what do we even mean by egalitarian? Under what conditions and using what tools should debate be impeded? Boris Johnson's actions might even be acceptable except that it could interfere with other current desires of liberals. And as Gopnik himself notes, decisions are not just made on the basis of reason, but also of emotion.

The final sine qua non of Gopnik's liberalism is pluralism. Everyone can be included except those who are opposed to it. Yet here we have another one of those disputable terms. Does pluralism apply to everything and which aspects of religious practice or belief go beyond the "tolerance" limit?

Indeed, it is likely that many of Gopnik's liberal heroes would have what are now considered "illiberal" views about at least some topics. Superiority of European civilization? Differences of races? Same-sex marriage? Fluid gender identity? And even Gopnik has reservations about pushing some of these rights in ways that might be coercive.

Gopnik is right in noting the urgent need for liberals to combat the extremes of fascism and violence. But should we not also encourage those closer to the middle to make common cause?

Gopnik, a kind of Jewish Canadian American (he was born in the U.S. but grew up in Montreal and graduated from McGill University), has clearly been influenced by his Canadian experience and one could wish that his warm humanism prevails. The 2019 elections in both Canada and Israel may have a strong impact on the kind of liberalism he favours.



Rubin Friedman is a former senior manager, multiculturalism, for the federal government; a former director of government relations for B'nai Brith Canada; and a former cabinet appointee to the Canadian Race Relations Foundation.

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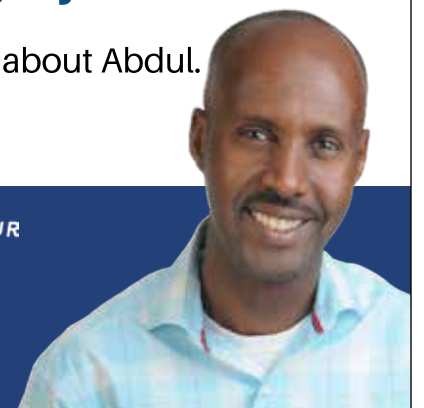
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**Continued on page 18**

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# The Bess and Moe Greenberg Family HILLEL LODGE



Mitch Miller – Hillel Lodge LTC Foundation, Elissa Iny, Laya Shabinsky, Ted Cohen – CEO Bess and Moe Greenberg Family Hillel Lodge



*“The Bess and Moe Greenberg Family Hillel Lodge was named in honour of our parents”,* said Laya Shabinsky and Elissa Iny.

Moe (Moses) was born in Russia and Bessie (nee Schechter) was born in Lachine, Quebec. Moe worked with his father at the L.Greenberg and Son grocery store at Billings Bridge until he passed at the age of 45 in 1947, leaving his wife and their three young daughters Laya (Shabinsky), Syrille (Rosman), and Elissa (Iny). All three daughters were taught by their parents to be active and give back to their community, the Jewish community and the greater community in which they live. Bess and Moe’s daughters and their spouses continue to instill that love of community and community responsibility in their children and grandchildren. When Bess was asked to leave a Legacy to **Hillel Lodge** – she and her daughters (and their families) all felt it was an appropriate way to honour the legacy of Bess and Moe Greenberg. Laya, Syrille and Elissa all knew that their parents would be proud to associate their Legacy with **Hillel Lodge** – caring Jewishly for those in our community who can no longer live independently.



# THANK YOU!



## RIDERS, VOLUNTEERS AND SPONSORS OF THE BESS AND MOE GREENBERG FAMILY HILLEL LODGE

**BIKING for BUBBIES** raised much needed funds to support the Feeding Assistance Program!

**Chairs:**  
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and  
Seymour Mender



**Photos:**  
Issie  
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# ‘The Last Folio’: Powerful photos document Slovakian Holocaust survivors

BY TOBY HERSCOVITCH  
CENTRE FOR HOLOCAUST EDUCATION AND SCHOLARSHIP

Call it serendipity or destiny, Yuri Dojc arrived at his unique interpretation of Holocaust education, or what the Czechoslovakian-born Canadian photographer calls “cultural memory,” through a series of fortuitous turning points.

“I see them as nothing short of miraculous,” says Dojc.

Dojc will talk about his powerful photography project, “The Last Folio,” on Sunday, November 3, 7 pm, at a Holocaust Education Month event organized by the Centre for Holocaust Education and Scholarship in cooperation with the Slovak Embassy and Azrieli Foundation.

Born in Czechoslovakia after the Second World War, Dojc knew his Jewish parents had kept a step ahead of Nazi deportation by being hidden in various mountain retreats, helped by fellow teachers. But like many survivors, “my parents kept their past at bay. They had to deal with their own trauma, adapt to a new communist world and they neglected to fully teach my sister and I who we were.”

Dojc immigrated to Canada by pure chance. In August 1968, the day he was scheduled to fly home

from a London visit, the Soviets invaded Czechoslovakia. An American uncle advised him to go to Canada. He landed in Toronto as a refugee, and eventually studied photography at Ryerson, which he parlayed into a successful commercial photography career.

Dojc explains that “The Last Folio” started in 1997 when, at his father’s funeral in Slovakia, he met an Auschwitz survivor who revived his interest in his heritage. The woman disclosed an eerie ‘prophesy,’ told to her by a Roma inmate at the death camp. It all came true, except for one prediction.

“I witnessed the last one,” says Dojc, who will reveal the ‘prophesy’ during his talk.

“My father’s last words were ‘Look after your mother,’ so I started going back to Slovakia more often,” says Dojc, tagging along on the Auschwitz survivor’s visits to other survivors, and photographing them.

Fate or formidable coincidence intervened again.

“As I was visiting a survivor, a neighbour knocked on the door. He told us he had the key to an old Jewish schoolhouse, a cheder empty for more than a decade, which still held books of those who were deported to concentration camps.”

What they found inside – decaying Hebrew books,



Yuri Dojc will discuss “The Last Folio,” his photos of Slovakian Holocaust survivors at Kehillat Beth Israel on November 3.

tefillin, personal notebooks and more – were all “witnesses to a once thriving culture.” Beyond the artistic images, Dojc says, “these books belonged to someone who had a family, someone who never had a funeral... They give each person a kind of existence.”

A meeting with filmmaker Katya Krausova at a 2005 reunion of Slovaks who left the country in 1968, led to the book’s production, a film and exhibits around the world.

How Dojc discovered his own grandfather’s book among the ruins is another miraculous tale.

To attend Dojc’s presentation, RSVP to [HEMrsvp2019@gmail.com](mailto:HEMrsvp2019@gmail.com) by October 25.

Visit <https://tinyurl.com/y3j5ofs7> for more information.



Continued from page 16

**In Honour of:**

Roz and Lee Raskin Mazel Tov on your Anniversary by Ibolya and Joe Wiesel

**Ratner / Levine Family Fund**

**In Memory of:**

Neville Paul by Danny and Rhonda Levine and Leo Ratner

**In Honour of:**

Jack Shapiro Happy 75th Birthday by Danny and Rhonda Levine

**Sonia Rawicki Agulnik Music Fund**

**In Memory of:**

Shirley Berman by Paula and Manny Agulnik

**Irma and Harold Sachs Family Fund**

**In Memory of:**

Sam Goldmaker by Irma Sachs

**Schacter Fund**

**In Honour of:**

Adam Schacter With thanks for your leadership with Biking for Bubbies by Mitch Miller

**Stephen and Debra Schneiderman**

**Family Fund**

**In Honour of:**

Karen Cohen and John MaGee Mazel Tov on your forthcoming marriage by  
Bunnie Cogan

**Monica and Alvin Stein Family Fund**

**In Memory of:**

Dora Litwack by Alvin and Monica Stein

**Sarah and Arnie Swedler Family Fund**

**In Memory of:**

Dora Litwack by Arnie Swedler and Rhoda Zaitlin

**Feeding Program**

**In Memory of:**

Morton Pleet by Glenda Goldmaker and David Moss

Dora Litwack by Glenda Goldmaker and David Moss

Sam Goldmaker by Joanne Lang

Elliott Levitan by Sara Shabsove

Gail Cohen by Sara Shabsove

**In Honour of:**

Sharon and David Appotive Mazel Tov on the birth of your grandson by Marilyn and David Akman

Irwin and Audrey Kreisman Mazel Tov on the birth of your grandson by Sharon and David Appotive

Jack Shapiro Mazel Tov on your special Birthday by Bill and Phyllis Cleiman

Janice Pleet Mazel Tov on your special Birth-

day by Marilyn Adler and Neil Blacher and Susan Feldberg

Steven Fremeth Wishing you and your family a healthy and happy New Year by Julie Kanter and Joe Silverman

Glenda Blacker and Chris Flower Mazel Tov on your 25th Anniversary by Bonnie and Chuck Merovitz

Seymour Mender With thanks for your leadership with Biking for Bubbies by Mitch Miller

\*\*\*\*\*

**Therapeutic Program**

**In Memory of:**

Herbert Laks by Sonia and Sheldon Shaffer, Linda Yeung, Ashley McGee and Krystle Kluge, Seline and Jessie and Fred, Jackie Lyons and Gary Stein, Patty Peres,

\*\*\*\*\*

**Recreation Program**

**In Honour of:**

Murray Macy Mazel Tov on your special Birthday by Gary and Debra Viner and Family

Sara Vered Mazel Tov on your special Birthday by Gary and Debra Viner and Family

Hannah Halpern Happy Birthday to a special lady by Barbara and Larry Hershorn

Ann Atkins Mazel Tov on the engagement of your grandson Michael to Kelsey by Sandy Shaver

Glenda Blacker and Chris Flower Mazel Tov on your 25th Anniversary by Paula and Lenny Bennett

**In Memory of:**

Helen Bloom by Gary and Debra Viner

Herbert Laks by Gary and Debra Viner

Elliott Levitan by Gary and Debra Viner and Phyllis and Bill Cleiman

Morton Pleet by Gary and Debra Viner

Dora Litwack by Hennie, Alan and Mark Honigman

Mitch Podolak by Esther and David Kwavnick

**In Observance of the Yahrzeit of:**

Ron Levitan by Phyllis and Bill Cleiman

\*\*\*\*\*

**In Memory of:**

Morton Pleet by Santino and Sharon Sirizzotti, Brenda and Howard Patlik

Glee Shapiro by the residents, staff and Boards of the Lodge and LTC Foundation

Helen Bloom by Marcia and Dick Zuker

Herbert Laks by Marcia and Dick Zuker

\*\*\*\*\*

**In Honour of:**

Norma and Dave Freeman Mazel Tov on your Anniversary by Ibolya and Joe Wiesel

Janice Pleet Mazel Tov on your special Birthday by Pinchas and Barbara Pleet

Helen Saipa Mazel Tov and best wishes on your 105th Birthday by Marjorie Achbar

Glenda Blacker and Chris Flower All the best on your 25th Anniversary by Shayna Yolleck

\*\*\*\*\*

**R’Fuah Shlema:**

Morris Schachnow by Sid and Cally Kardash

# The 'eureka' moment that led to Sisters on Board



"Sisters on Board seeks to be inclusive to women of all professional and philanthropic experience levels," writes Event Chair Adina Libin.

**GUEST COLUMN  
ADINA LIBIN**

In September 2017, I attended a conference for chartered accountants, "The One Convention," where I learned several new, innovative ideas and heard from some highly influential people. The convention focus was on sustainability and resiliency, but I actually took away a 'eureka' moment about an element of my volunteering life.

During a panel called "Building resilience, managing social, economic, environmental risk and opportunities," vice-presidents and chief financial officers from several influential firms shared their insights. Among the topics that struck the biggest chord was that each one of them explained their career successes were helped by joining boards.

I had always thought taking part on an organization's board of directors was a way I could give back, a way I could help a cause I cared about. Suddenly, this idea

was flipped and I realized participating on a board can actually benefit the participant. I started thinking about my own experiences sitting on boards and I realized many others might also have missed the sense of this as an opportunity for their careers – especially busy, working professional women who often have families at home who also need them.

This eureka moment led me to the decision that I wanted to share what I had learned. Being part of a board means you get exposure to people at the top of their fields, to those in other industries. This experience can benefit your current job and potentially help you find new ones. On a personal note, the meetings also gave me a much-needed mental break from family chores and regular work allowing me to use my brain in new ways thereby contributing to my work/life balancing act.

With this new insight, I spoke with Andrea Freedman, president and CEO of the Jewish Federation of Ottawa and the Ottawa Jewish Community Foundation, and Lynne Oreck-Wener, founder of the Foundation's Women Collective Philanthropy Program, about my idea of sharing

the benefits of being on boards. Andrea committed the Foundation's support, providing funding in the budget. Lynne, the event co-chair, and a committee of like-minded women, also provided their support and contributions to the project. With the new Federation Microgrants program and sponsorships from Trimaran Financial and Recruiting in Motion, the Sisters on Board event came to be.


The goal of this event is to promote the benefits of leaning into leadership roles by participating on community boards. Sisters on Board seeks to be inclusive to women of all professional and philanthropic experience levels. And with the talented Erica Ehm (read the interview on page 1) as our keynote speaker discussing courageous leadership, I am confident this event will be a real boost to all women.

The Sisters on Board event is already sold-out. But for more information on volunteering and becoming involved with boards in the Jewish community, contact Anne Read, Federation's community engagement specialist, at [aread@jewishottawa.com](mailto:aread@jewishottawa.com) or 613-798-4696, ext. 355.



**Glebe Shul:** The Glebe Shul Young Professionals enjoy a barbecue, September 12, welcoming Rabbi Kasriel and Pessie Gewirtzman, the Glebe Shul's new directors.

The OJHS and the Soloway JCC Present





**The Shirley Berman<sup>TM</sup> Lecture Series**

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# Broadway songs to enliven Auxiliary of Hillel Lodge Tea

BY MARION SILVER  
FOR AUXILIARY OF HILLEL LODGE

**P**lans are well underway for the Auxiliary of Hillel Lodge's 2019 Annual Tea and Fundraiser to be held Sunday, October 27, 2 to 4 pm, at the Lodge.

The theme this year is "Broadway Tunes and Tea." Besides a delightful array of party sandwiches and treats to tempt your palate, this year's event will feature a wonderful afternoon of Broadway songs performed by Ottawa's very own Adam Moscoe and Company, accompanied by pianist Evelyn Greenberg.

Co-conveners of this year's tea are Julie Kanter, Hennie Ross Palmer and Corinne Taylor.

Corinne says she derives satisfaction knowing that the tea is so important in the lives of the Lodge residents. The Auxiliary has received much positive feedback from Lodge personnel indicating how wonderful it is to see the residents get dressed up, apply their makeup, and have their hair styled. Supporters of the tea also enjoy this yearly outing as much as the residents.

The Auxiliary of Hillel Lodge is com-

*The Auxiliary of Hillel Lodge is committed to enhancing the quality of life of the residents at the Lodge. ... The Hillel Lodge Tea is the only major fundraiser undertaken by the Auxiliary.*

mitted to enhancing the quality of life of the residents at the Lodge. This year's fundraising will support a horticulture therapeutic program to achieve therapy through gardening and planting, 50 new mattresses, and extra hours of recreation. As always, fundraising efforts also ensure the continuation of Chanukah and Purim parties, Mother's Day and Father's Day parties and gifts, the maintenance of the fish tanks, and flowers for Shabbat.

The Hillel Lodge Tea is the only major fundraiser undertaken by the Auxiliary. It is an event that is always enjoyed by all. Be sure to mark your calendar for Sunday, October 27 and support this worthwhile and entertaining afternoon.



Singer Adam Moscoe and pianist Evelyn Greenberg are set to perform Broadway songs at the Auxiliary of Hillel Lodge's 2019 Annual Tea and Fundraiser, October 27.

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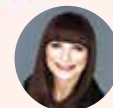


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# Surviving a federal election without alienating your kids

**M**y husband and I both work in roles that ramp up during election campaigns as we try to stay on top of every twist, promise, pledge, and tidbit of information our respective clients hunger to consume.

Much like parenting, it is all-encompassing, which is where we run into issues at home.

Though we have hired a babysitter to help out with dinner and bedtime during this difficult period, our toddler has so far refused to interact with her.

There goes my brilliant plan to finish up work when I get home while the kids are entertained.

Though our four-year-old loves the babysitter, the second she leaves, the battles begin. Acting up before bedtime is now a nightly thing. As she watches her parents pass each other like ships in the night in a thick fog, she has become more clingy, emotional and demanding.

Just the other night, she emerged from her room at almost 10 pm to declare she couldn't sleep; no amount of counting sheep or any other animal would help. We agreed to let her lie in our bed for one minute as long as she promised to go back to her room without crying.

She agreed.

The minute passed and the meltdown ensued.

What followed was a serious talk about the importance of keeping promises to ensure people trust you. For a moment I thought about all the candidates vying for our votes and my anger at her completely disregarding the promise she made softened. Start 'em young, I thought.

If only it were that simple.

Parenting is challenging at the best of times when



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you're already on the edge of exhaustion. It's doubly challenging when you're exhausted before you even get home and have to find a way to parent and work at night, prep for the morning and somehow get enough sleep to wake up and do it all over again.

Our work responsibilities are so demanding that we don't get to spend a lot of time with our daughters during the week. In the morning, my husband gets the girls up, fed, dressed, and shipped off to daycare while I work, seeing them only briefly before they leave. We reverse roles in the evening, with my husband often missing the youngest before bedtime.

Then we both get sucked into our laptops, email and Slack messages.

So what is a parent to do when pulled to extreme ends of the work-life balance?

It starts with setting boundaries and trying to be present without devices for time with our children. We have desperately tried to do that, and I'm not sure we'll get better at it as the days roll on. From now on, if our eldest asks for an extra minute of snuggle time in bed, she gets it to let her know she remains the most important person in our lives.

It also includes trusting that our four-year-old in

particular can understand why we're as busy as we are. We have talked with her, in her own terms and on her time, about what we as her parents are doing for work. We talk about how there are people who are hoping we will choose them to be in charge or important – language from one of her favourite books, John Oliver's *The Adventures of Marlon Bundo* (a must-read for kids!). We explain that we are trying to make sure voters have information to help them choose who they want to vote for, which makes our work important, but not more important than her.

Sometimes my husband will let her cuddle up while he's typing away to show her what he's doing and make her feel part of things.

We will keep working on work-life balance during this campaign because, to paraphrase a Portland father, it's too late to start finding that balance if you've already lost it.

J.R. Storemont's LinkedIn post in early September put this issue in stark terms for us. He spent so much time at work that he barely saw his twin boys. Then one day, during a meeting, he got a call from his wife that one of his eight-year-old boys had died in his sleep. I won't go into the heart-wrenching details, but will note this one thought he had: Work can help us grow and offer something to the world, "but that work needs a balance," he wrote, adding "it's a balance that lets us offer our gifts to the world but not at the cost of self and family."

It's a good reminder, not only for our household, but for any parent struggling to leave work behind and be truly present with their kids.

October 21 can't come soon enough.

## Temple Israel

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### Books and Bagels

A bagel breakfast at 9:30 am is followed by the book review and discussion. Pre-registration is not required, nor is it necessary to have read the book to enjoy the session. There is no charge but a voluntary donation to cover the cost of breakfast is appreciated.

**Sunday, October 20, 2019**

*Revolutionary Yiddishland: a history of Jewish Radicalism* by Alain Brossart and Sylvia Klingberg will be reviewed by Angus Smith.

### Friday Kabbalat

Shabbat Services

6:15 pm

Torah Study Saturdays

9:00 am

Saturday Shabbat Services

10:15 am

Thursday morning minyanim

7:30 am

Second and fourth Thursdays

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## Israel Voted: What Now?

Lecture by Dr. Michael Koplow  
Israel Policy Forum

Israelis went to the polls twice in 2019. Leading expert Dr. Michael Koplow will explore what happened and assess the road ahead towards addressing peace and security challenges facing Israel.

Michael Koplow is Israel Policy Forum's Policy Director, based in Washington DC. A regular contributor to Foreign Affairs and Foreign Policy magazines, Michael writes the weekly "Koplow Column" and edits Israel Policy Exchange. Before coming to the Israel Policy Forum, Michael was the founding program director of the Israel. He holds a BA in history from Brandeis, a JD from NYU, a Masters in Middle Eastern Studies from Harvard, and a Ph.D. in political science from Georgetown.

**Wednesday, October 23, 7:30 pm**  
Free event, Soloway JCC, 21 Nadolny Sachs Private

For information contact Ella Dagan, Vered Israel Cultural and Educational Program Manager at edagan@jccottawa.com or 613-798-9818 ext. 243.



## Celebrating that which unites us

**O**n Sunday evening, September 29, a significant percentage of the Ottawa Jewish community celebrated/observed Rosh Hashanah. Many gathered around family tables for a festive meal. Some observed the “first day of the seventh month” by worshipping in synagogues, temples, auditoriums and even in people’s homes. The next day, many of the same individuals returned to worshipping or continued with more private observances. The entire pattern will be repeated 10 days later on Kol Nidre eve and the day of Yom Kippur. Regardless of one’s personal choices, there is something special and unique about the two days when our Jewish community gathers together to celebrate that which unites us, rather than focusing on that which divides us.

I felt that unique sense Jewish unity on September 10 when I attended the Jewish Federation of Ottawa Annual Campaign Kickoff. Regardless of our personal feelings about Federation and the work it does, the gathering was transformative. Six hundred members of the community laughing together, mostly at our own foibles and nuances of tribal behaviour. We don’t often laugh together. In fact, we more often than not separate into denominational and ideological camps for our group gatherings. There is nothing inherently wrong with having alternative views/opinions on prayer, the Deity, Jewish tradition, Israel, interfaith coalitions, aboriginal reconciliation. However differences which serve to keep us apart are not a reflection of our potential strength as a community.

I felt the unique power of community on September 8. That Sunday afternoon I travelled to the wilds of Barrhaven to sample the products of the Ottawa Kosher BBQ Cook-off. This unique event was the brain-



child of my colleague Rabbi Menachem Blum of the Ottawa Torah Centre. As I walked amongst the crowd, I was struck by mixture of kippot, black hats, Israelis now living in Ottawa, synagogue-goers, committed atheists, and most noticeably, young and old together. The food was nice, not Texas or southern barbecue, but nice. What was more than nice was the celebratory crowd. Hats off (black hat off) to Rabbi Blum and the volunteers who drew us all to the wilds of Barrhaven.

The sense of community pride was also on display during the Capital Pride weekend in Ottawa. Members of our community walked in the Pride Parade on August 25 identified as Jews. Unlike at some U.S. Pride Parades, the Star of David was prominently displayed, not forbidden. On Erev Shabbat there were dinners and programming in two synagogues. These outreach programs that bring together members of the LGBTQ community, their parents, and their supporters represent special opportunities for Ottawa’s Jewish community to display its commonality, not just its differences.

There are many other projects that will be supported by Federation’s Jewish Experience Microgrants that have the intentional purpose of bringing the community together. Stock the Freezer, a series of group cooking

events, in which community members come together to cook and freeze healthy meals for Ottawa Kosher Food Bank clients, modelled on Soup Sisters of Calgary and other Canadian cities, has the potential of enticing whole families to have fun while manifesting Jewish values.

One more example of unique cross denominational programming is Jbotics, an opportunity for students in Grades 5-8 with an interest in sciences to learn about the intersection of Judaism, Israeli innovation, and hands-on building and computer programming. Though the program – supported by a Federation Jewish Experience Microgrant – is hosted by Temple Israel Religious School, it is open to all members of the community in those grades.

The High Holy Days are a time when members of our community observe and celebrate our Hebrew calendar in diverse ways. It is lovely to see so many members of the “people of Israel” gathering in prayer and observance. But these religious days do not resonate as they have in the past.

Growing up in the Bronx, living along the Grand Concourse, there were 200 minyanim, synagogues, and one large temple filled with primarily male worshippers on the High Holy Days. It was glorious to walk the 40 blocks between 201st Street and 161st Street nodding “Shana Tova” to one and all. But the Grand Concourse has changed. We no longer live in ‘gilded ghettos.’ The High Holy Days has lost its clarion call for many younger members of our community.

If we are to look forward and not backward, then we will need to innovate opportunities for communal celebrations and observances that supplement the traditional approaches.

## Strategies for seniors to reduce their risk of falling

**I**recently delivered a falls prevention workshop at the Soloway Jewish Community Centre to AJA 50+. I want to share with you some of the information that I presented because it may help prevent some of you or your loved ones from experiencing a fall.

When I researched the topic of seniors (age 65-plus) and falls, I was shocked by the statistics. Falls are the most common cause of injury in seniors. One in three Canadian seniors experienced a fall in the past 12 months. Every 10 minutes in Ontario, a senior goes to a hospital emergency room as the result of a fall. Seventy-five thousand Canadian seniors are hospitalized each year due to falls and more than a third of them end up in long-term care facilities. Falls are the sixth leading cause of death in seniors.

Most falls are preventable. Half of all falls occur in the home. By identifying and modifying areas of your home that are tripping and slipping hazards, you can make your home much safer. Also, there are a variety of things you can do with regard to your physical fitness, health and nutrition that can reduce your risk of falling. I’ve reviewed a number of falls prevention checklists produced by various governmental organizations. They each had some different recommendations so I consolidated them and produced a checklist that you can access from my website ([www.personalbestthebook.com/Read](http://www.personalbestthebook.com/Read)). I am sharing it because I want seniors to be proactive and make small changes that can save them lots of suffering. It’s recommended that you go through the checklist once each year. Examples of items on the checklist include getting regular vision and hearing tests, discussing with your physician any falls you have experienced



*By identifying and modifying areas of your home that are tripping and slipping hazards, you can make your home much safer.*

in the past year, and asking questions about possible side effects of your medications.

Having a realistic concern about falling can motivate you to be more aware of your surroundings. However, some people are so scared of falling that they stop exercising or participating in physical and social activities. This can lead to weaker muscles and bones as well as depression, all risk factors for falling.

Falling is not a natural part of aging. You can do a self-assessment to determine if you’re at an increased risk for falling. Give yourself one point for each of these statements you say “Yes” to.

- I have fallen in the past year.
- I use or have been advised to use a cane or walker to get around safely.
- Sometimes I feel unsteady when I walk.

- I steady myself holding onto furniture when I walk in my home.
- I am worried about falling.
- I need to push with my hands to get up from a chair.
- I have some trouble when stepping up onto a curb.
- I often have to rush to the toilet.
- I have lost some feeling in my feet.
- I often feel sad or depressed.

If you scored four or more points, you have an increased risk of falling.

What should you do if, despite your best efforts, you fall?

At the workshop, I demonstrated recommended ways to get up from the floor. It’s a good idea to practice getting up at home so in the event of a fall, you have some strategies. I’ve posted a third-party video on my website showing what to do if you fall.

During the workshop I showed the participants several exercises to improve strength and balance that they can practice at home. Some of the exercises are listed on the checklist mentioned earlier. As with any exercise, before you begin you should make sure you have your physician’s approval to proceed. Taking exercise classes geared for older adults is a good way to reduce your risk of falling, as is working with a personal trainer who has experience in this area.

As I told my audience, knowledge is power. Don’t wait until you fall. Take action now. Apply the information and do what’s necessary to reduce your risk of falling.

# WHAT'S GOING ON | October 7-27, 2019

FOR MORE CALENDAR LISTINGS, OR TO SUBMIT EVENT LISTINGS, VISIT [WWW.JEWISHOTTAWA.COM/COMMUNITY-CALENDAR](http://WWW.JEWISHOTTAWA.COM/COMMUNITY-CALENDAR)

## ONGOING EVENTS

### Bible Basics with Lauren Shaps

9:15 - 10:15 am, weekly on Thursdays until December 13, 2019  
Contact: Lauren Shaps  
[lauren@jetottawa.com](mailto:lauren@jetottawa.com)  
Are you searching for wisdom, peace of mind, a deeper understanding of relationships and your unique mission in life? See how the events of the Exodus (Shmot) speak to the challenges you face today.

## THURSDAY, OCTOBER 17

### Sukkot BBQ Under the Stars

6:30 - 9:30 pm, Congregation Machzikei Hadas, 2310 Virginia Dr.  
RSVP by Oct. 11:  
[www.cmhottawa.com/events](http://www.cmhottawa.com/events)  
Cost: \$40 per person. For Adults Young and Old (18+). Celebrate with friends rain or shine! Our grill masters will be serving up smoked and grilled gourmet meats, potatoes, and vegetables. Featuring hot mulled apple cider and homemade desserts from CMH's own kitchen! Bring your own wine (please check your wine with the Rabbi before opening).

## SATURDAY, OCTOBER 19

### Family Sukkot Sukkah Hop

4:15 - 6:15 pm, Congregation Machzikei Hadas, 2310 Virginia Dr.  
Register by October 16 at:  
<http://www.cmhottawa.com>  
Contact: Sari Zelenietz  
[sari@cmhottawa.com](mailto:sari@cmhottawa.com)  
Cost: \$10/child, \$25/family. Join us for an amazing and delicious sukkah hop around Alta Vista! We will visit local sukkahs and in between enjoy a light dinner at the Machzikei Hadas sukkah. Strollers are recommended for young children. Registration deadline: Wednesday, October 16th.

## SUNDAY, OCTOBER 20

### PJ Celebrates Sukkot with Grandparents!

9:30 - 11 am  
Contact: Jordan Waldman  
[jwaldman@jewishottawa.com](mailto:jwaldman@jewishottawa.com)  
PJ Grandparents come join us in the Sukkah to celebrate Sukkot! \*Parents Optional\*

## WEDNESDAY, OCTOBER 23

### Two Elections Later: An Israel Update with Michael Koplow

7:30 - 9:30 pm  
Contact: Ella Dagan  
[edagan@jccottawa.com](mailto:edagan@jccottawa.com)  
Israel Policy Forum is dedicated to advancing the goal of a two-state solution in order to preserve Israel's future as Jewish, democratic, and secure. Michael Koplow is Israel Policy Forum's Policy Director, a regular contributor to *Foreign Affairs* and *Foreign Policy* magazines, and writes the weekly "Koplow Column." Sponsors: Soloway JCC, Vered Israel Cultural and Educational Program, CIJA

## THURSDAY, OCTOBER 24

### Shirley Berman Lecture Series #3, Jewish Legal Minds

7:30 - 10:30 pm  
Contact: Ross Baylin  
[rbaylin1661@rogers.com](mailto:rbaylin1661@rogers.com)  
Donations appreciated.

### Sisters on Board

7:30 - 9:30 pm  
Contact: Solange Ashe  
[sashe@jewishottawa.com](mailto:sashe@jewishottawa.com)  
Cost: \$36. The Ottawa Jewish Community Foundation presents Sisters on Board, a new, innovative Jewish women's event that aims to promote the benefits of leaning into leadership roles by partici-

pating on community boards. Sisters on Board seeks to be inclusive to women of all professional and philanthropic experience levels. Keynote speaker Erica Ehm will deliver a talk: "Courageous Leadership: Put Your Bold Face On". Erica is an executive, a mom, a creative entrepreneur, as well as an inspirational speaker. Drinks and desserts will be served. Event Chair: Adina Libin

## SATURDAY, OCTOBER 26

### PJ Parents Night

8 - 11 pm, location to be announced  
Contact: Jordan Waldman  
[jwaldman@jewishottawa.com](mailto:jwaldman@jewishottawa.com)  
PJ Parents come out for bowling night!

## SUNDAY, OCTOBER 27

### Tammy Bottner A True Story of How a Family Survived the Holocaust

9:30 am - 12 pm, Temple Israel, 1301 Prince of Wales Dr.  
RSVP required by October 22:  
[HEMrsvp2019@gmail.com](mailto:HEMrsvp2019@gmail.com)  
Tammy Bottner is the child and grandchild of Holocaust survivors. In her book she recounts the moving story of her own family's travails in war-torn Europe. She will join us for a bagel breakfast at 9:30 a.m., immediately followed by a presentation and discussion. Sponsors: Centre for Holocaust Education and Scholarship, Azrieli Foundation, Temple Israel, Zelikovitz Centre for Jewish Studies

### Polish- Yiddish Cinema Yesterday and Today

10:30 am - 12:30 pm  
Contact: Roslyn Wollock  
[rwollock@jccottawa.com](mailto:rwollock@jccottawa.com)  
This talk presents two Yiddish films; Classic 1937 avant-garde "Dybbuk" and the 2015 drama "Demon" and discusses the uses of the Jewish supernatural before and after the Holocaust.

### Auxiliary of Hillel Lodge Tea

2 - 4 pm, Hillel Lodge, 10 Nadolny Sachs  
Contact: Julie Kanter  
[juliekanter@rogers.com](mailto:juliekanter@rogers.com)  
'Tea and Tunes' will feature Broadway tunes by singer Adam Moscoe and pianist Evelyn Greenberg.

## TUESDAY, OCTOBER 29

### Ottawa Celebrity Sports Dinner

7 - 10 pm, Infinity Convention Centre, 2901 Gibford Dr.  
Contact Pam Rosenberg  
[prosenberg@jccottawa.com](mailto:prosenberg@jccottawa.com)  
The Soloway JCC's flagship fundraiser, the Celebrity Sports Dinner hosts more than 600 members of Ottawa's business community. The evening consists of a silent auction, live auction and a Q&A with a special guest from the world of sports.

## WEDNESDAY, OCTOBER 30

### A lecture by Professor Henri Habib

6:30 - 8 pm  
Contact: Ella Dagan  
[edagan@jccottawa.com](mailto:edagan@jccottawa.com)  
Cost: \$10. Professor Habib will present his analysis on current issues in The Middle East.

## CANDLE LIGHTING BEFORE

OCTOBER 11	6:07 PM
OCTOBER 13 (SUKKOT)	6:03 PM
OCTOBER 14 (SUKKOT)	AFTER 7:04 PM
OCTOBER 18	5:55 PM
OCTOBER 20 (SHEMINI ATZERET)	6:52 PM
OCTOBER 21 (SIMCHAT TORAH)	AFTER 6:52 PM
OCTOBER 25	5:43 PM

## BULLETIN DEADLINES

ISSUE	DEADLINE
NOVEMBER 25	NOVEMBER 6
DECEMBER 9	NOVEMBER 20

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

# CONDOLENCES

Condolences are extended to the families of:

Dora Litwack  
Frida Abramovitch  
Alfred Lerner  
Alvin Bloom  
Dorothy Karp

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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