

OTTAWA JEWISH BULLETIN

FEBRUARY 24, 2020 | SHEVAT 29, 5780

ESTABLISHED 1937

\$2

‘My favourite day of the year’

More than 450 people gathered on the Jewish Community Campus to spend the morning doing good deeds on Mitzvah Day.

Dana Simpson reports.

People perform *mitzvot* (good deeds) all year round, but on February 2, more than 450 people of all ages, gathered together at the Soloway Jewish Community Centre (SJCC) and Hillel Lodge to take part in the Jewish Federation of Ottawa’s annual Mitzvah Day, a special day when good deeds are performed and celebrated.

The Sunday morning proceedings began with a breakfast buffet followed by the opening ceremonies which saw Federation leaders and VIP guests – including Ottawa City Councillor and Deputy Mayor Laura Dudas; Ottawa City Councillors Rawlson King and Jean Cloutier; Nepean MPP and Ontario Minister of Heritage, Sport, Tourism and Culture Industries Lisa MacLeod; Orleans MP Marie-France Lalonde; members of the Ottawa Redblacks Cheer and Dance Team and mascot Big Joe – march into the social hall at the SJCC in the Mitzvah Day Parade.

Also on hand were several Ottawa Police Service officers and Canadian Armed Forces soldiers.

First time co-chairs for Mitzvah Day were the husband-and-wife duo of Leslie Feldman and Mike Klein.

“Giving back is a Jewish tradition,” said Feldman. “Mitzvah Day is such an important event for children in our community to get to know what a mitzvah is.”



Mitzvah Day Co-Chair Leslie Feldman welcomes participants to a day of performing good deeds, February 2, at the Soloway Jewish Community Centre.

An annual event since 2005, Mitzvah Day 2020 saw 13 mitzvah activities at the SJCC and Hillel Lodge.

Among the activities – some new, some long-time favourites – were the Great Jewish Adventure Scavenger Hunt; Can-gineering, a team activity to build structures using cans and boxes of food which were then donated to the Ottawa Kosher Food Bank; Furrever Homes, which recycled single socks into catnip toys for foster cats; and the ever popular Dance-a-Tonne at Hillel Lodge which



Ottawa Redblacks mascot Big Joe shares a moment with a group of Mitzvah Day participants, February 2, at the Soloway Jewish Community Centre.

saw Lodge residents moving and grooving with some of the youngest kids.

“We try to have new activities every year,” said Federation Vice-President (Community Building) Sarah Beutel.

And alongside activities old and new stood both first-time and returning participants.

Ottawa City Councillor and Deputy Mayor Laura Dudas fondly remembered taking part in challah braiding last year during Mitzvah Day and said she was happy to see the community come together year after year for Mitzvah Day.

“We always see so much about the bad and it’s so great to see a community of people who want to do better,” said Dudas.

For other participants, giving back

was only part of the fun.

Asked why she participates in Mitzvah Day, Hillel Lodge resident Sheila Bahar responded without skipping a beat.

“It’s because there’s so many kids here,” Bahar said.

Kids who, like four-year-old Shmuel Caytak, came to learn about mitzvot and get to the root of the more personal meanings behind a mitzvah.

While patiently waiting for his herbs to grow at the Sprouting Knowledge station, Shmuel talked about what Mitzvah Day means to him.

“It’s special because it’s Jewish and it makes the bad dreams go away,” he said.

Whatever the motivation for attend-
See Mitzvah Day on page 8

inside: Hillel Lodge is deeply committed to person-centred care > p. 2

Limmud Ottawa 2020 preview > p. 4

Jewish women in Ottawa to celebrate International Women’s Day > p. 10



Jeremy Roberts MPP
 OTTAWA WEST - NEPEAN

GET IN TOUCH

JEREMY.ROBERTS@PC.OLA.ORG
 613-721-8075 | WWW.JEREMYROBERTS.CA
 1580 MERIVALE RD, SUITE 500, NEPEAN K2G 4B5
 HOURS: MONDAY TO FRIDAY 8AM - 4PM

Hillel Lodge is deeply committed to person-centred care

GUEST COLUMN
TED COHEN
HILLEL LODGE

Canada is facing unprecedented demands on our healthcare system. Nowhere are these pressures felt more acutely than in seniors' services and long-term care. With an aging population, more vulnerable people than ever require long-term care. Like others in the sector, the Bess and Moe Greenberg Family Hillel Lodge is experiencing these pressures, but because of outstanding professional staff, deeply committed volunteers, and generous contributors, Hillel Lodge is very well positioned to meet the needs of our residents, whose care and safety remain our number one priority.

This year, 2020, marks an exciting time for Hillel Lodge. In 2019, we held extensive consultations with our residents, their families, and community leaders to learn everything we could to ensure we are prepared to meet the evolving long-term care needs of our community. During the consultations, we shared how Hillel Lodge and other leading long-term care homes are embracing new ways of meeting the unique and individual needs of each resident. This care approach is called "person-centred care."

Person-centred care received enthusiastic endorsement from our stakeholders and has been adopted as the cornerstone of our vision and strategy at Hillel Lodge. As Arlene Rosenbloom, president of Hillel



Ted Cohen is CEO of the Bess and Moe Greenberg Family Hillel Lodge – Ottawa Jewish Home for the Aged.

Lodge, stated recently, "Developing the person-centred care approach for our residents is the main reason I embraced the opportunity to serve as president. It is an honour and enormous responsibility to be a leader and proponent for a model for change in our long-term care community. Adopting this approach is critical because of the increasing demands on our sector.

I, and all of us at Hillel Lodge, take this responsibility very seriously and look forward to implementing this approach to the benefit of all our residents."

Hillel Lodge decided to adopt the best elements from the person-centred care models we evaluated. We are adapting them to our unique situation at Hillel Lodge. Working in partnership with the prominent and well-respected Research Institute for Aging, Hillel Lodge will preserve the unique features that make the Lodge a valued resource to our community while evolving to respond to the changing needs of today's residents.

Hillel Lodge is home to 121 individuals. Each has their own history, interests, and preferences. Person-centred care demands that we continually seek new ways to meet the individual needs of our residents. As we implement this approach, residents can expect new services, care options, and activities that respond to a wider variety of interests and capabilities.

Through consultations with stakeholders, it became clear that the person-centred care approach is wanted and will be well received in our community. While we will implement these changes as quickly as possible, we must acknowledge that person-centred care is a journey of continuous incremental change that will not only impact the services we offer but also will begin to change how aging is viewed and how to honour and empower our seniors. We will implement these changes responsibly and as quickly as possible.

As CEO of Hillel Lodge, it is an honour to help those requiring long-term care live full and engaged lives. I view the adoption of person-centred care as critical as we strive to remain at the forefront of long-term care.

Rekindling memories of special life experiences

Hillel Lodge has introduced Comfort Therapy, a new program for residents with dementia. **Louise Rachlis** reports.

A room on the second floor of the Bess and Moe Greenberg Family Hillel Lodge looks like a park, complete with park benches, wall images of trees and recorded sounds of birds chirping.

The room also has a cradle, a laundry basket of baby clothes, life-like baby dolls, and mechanical dogs and cats.

And there are happy expressions on the faces of the residents who are rocking the dolls and petting the animals with heart-warming expressions of wonder, recollection, joy and contentment.

It's all part of a new therapeutic program, Comfort Therapy, made possible by a special \$10,000 donation to Hillel Lodge.

Realistic-looking baby dolls help reduce anxiety, loneliness and agitation among residents with Alzheimer's and other kinds of dementia.

Since residents began accessing the dolls in November, their family members have told social worker

Carrie Connell that the program has made a big difference to their demeanor.

"It gives them a warm feeling to see the contentment on their relatives' faces," said Connell.

Caring for a doll on a day-to-day basis helps stimulate memories of early parenthood and fosters attachment through



LOUISE RACHLIS

Hillel Lodge residents care for dolls in the new Comfort Therapy program to help stimulate memories of early parenthood and foster attachment through the comforts of touching and holding.

the comforts of touching and holding.

"It's a way to engage people," said Connell. "They have memories of all these life experiences. We try to See Comfort Therapy on page 3

FARM BOY

THE TRADITION CONTINUES

Rideau Bakery Bread is available at all Farm Boy locations. Made with the same starter, same recipes and same Team Members as before.

Visit FARMBOY.CA to find a location near you!

Allan Taylor

- GROUP PLANS
- LIFE INSURANCE
- DISABILITY INSURANCE
- PENSION and RRIFs

613-244-9073
ataylor@taylorfinancial.ca

THE **Great-West Life**
ASSURANCE COMPANY

www.taylorfinancial.ca

Comfort Therapy brings joy

Continued from page 2

make it relevant to our real world experiences.”

When a recreation aide sang from the storybook *Old MacDonald had a Farm*, across the room, a resident named Donald began to smile.

“Rhythm and rhyme are really important, and you can read *Old MacDonald* and other children’s books to the doll,” she said. “It contextualizes those types of activities for them and us.”

The room is in the secure unit but any resident can use it.

“It helps those without dementia feel purposeful as well,” said Connell.

The room is open all the time. The Lodge follows the Montessori approach of leaving the dolls, books and accessories available for the residents to approach and interact for as long as they want.

“Nobody has wanted to keep a doll or animal yet,” said Connell, “but we expect to be able to fill any attachment.”

“Every day I’m hearing how it really is bringing joy to the residents,” said Hillel Lodge CEO Ted Cohen. “It’s the nurturing it brings out – all of sudden there’s that connection and it’s just remarkable. That is why we’re here – it makes our home special – and we’re so grateful for the gift that made it possible.”

Hillel Lodge’s Comfort Therapy program is thanks to the generosity of Betty-Hope Gittens. At the age of 80, Gittens embarked on “Betty’s Walk,” an 800-km trek across the Camino de Santiago in Spain. “Betty’s Walk” raised over \$200,000, and she has donated \$10,000 to each of Ottawa’s 13 nonprofit long-term care facilities for use in programming, equipment and/or other purposes that would enrich the daily lives of



Residents enjoy the life-like mechanical pets in the park-like Comfort Therapy room at Hillel Lodge.

LOUISE RACHLS

seniors in their respective homes.

Comfort Therapy is one of many different kinds of therapy at Hillel Lodge, said Cohen. “Some residents may respond more to art therapy, others to music, or garden therapy in the spring to help nurture a plant to life. It gives us a selection of different activities to which they can relate.”

“This has been a very collaborative project,” said Connell. “It has taken a bit longer because of that, but people feel they’re part of it.”

In January, art therapy students were working with residents to create a polished and safe installation for the main wall, bringing the last decorative elements together. It’s based on artist Marc Chagall’s stained glass windows, in three different colours on 36 pieces of foam core board, multiples of chai, being created by 36 residents.

And though the room decor isn’t even finished yet, the benefits are obvious in the happy smiles of the participants.



JEWISH MEMORIAL GARDENS

FLOWERS ON GRAVESITES

A SINGLE PLOT

\$150

25-year contract \$3850.00

A DOUBLE PLOT

\$300

25-year contract \$7700.00

ACROSS PLANTING
adjoining plots

\$225

25-year contract \$5775.00

ORDERS MUST BE CONFIRMED AND PAID FOR BEFORE MAY 8, 2020 | All prices include HST

PLEASE RETURN THIS PORTION WITH YOUR PAYMENT

NAME _____ TELEPHONE _____

ADDRESS _____ PROVINCE POSTAL CODE _____

CEMETERY BANK OSGOODE | NAME ON MONUMENT _____

FLOWER TYPE _____ AMOUNT \$ _____

PLEASE CHOOSE ONE OF THE PAYMENT OPTIONS LISTED BELOW:

CHEQUE # _____ PLEASE MAKE CHEQUE PAYABLE TO JEWISH MEMORIAL GARDENS

E-TRANSFER TO: treasurer@jewishmemorialgardens.org

CREDIT CARD # (VISA AND MASTERCARD ONLY) _____ EXP _____

NAME ON CARD _____ 3-DIGIT SECURITY CODE (ON BACK OF CARD) _____

EMAIL ADDRESS _____

JEWISH MEMORIAL GARDENS
FLOWER SALES

21 Nadolny Sachs Pvt
Ottawa ON K2A 1R9
613. 688. 3530, ext 3

jmgottawaflores@hotmail.com

Limmud Ottawa 2020 to offer speakers from near and far



Hinda Packard and Nancy Kaplan, authors of *Can(am)asta: The Official Handbook* will discuss the history of canasta and lead the play at a canasta demonstration station at Limmud Ottawa 2020.

BY LOUISE RACHLIS
FOR LIMMUD OTTAWA

Dozens of fascinating speakers will provide lots to talk about and lots of fun at Limmud Ottawa 2020, a day of Jewish learning, on Sunday, March 15.

Speakers are coming from nearby and from around the world, from anthropologist Rohee Dasgupta offering “Perspectives on Jewishness and India Jewish Identity,” to environmental psychologist Mirele B. Goldsmith on “From Moses to Greta: Leadership lessons for facing up to climate change.”

The fun and games includes canasta, a favourite pastime of Jewish women, many of whom have played for decades with the same people. Avid canasta players Hinda Packard and Nancy Kaplan, authors of *Can(am)asta: The Official Handbook*, will teach about the game’s history and techniques, and afterward, lead the play at a canasta demonstration station.

Timely and topical, one of the panels will be “Weighing in on Quebec’s Bill C-21,” with panelists Robert Barsky, Canada research chair in law and legal studies at Carleton University; Richard Marceau, vice-president (external affairs) and general counsel of the Centre for Israel and Jewish Affairs; and Yasir Naqvi, CEO of the Institute of Canadian Citizenship and a former MPP

and attorney general of Ontario.

The all-day Limmud event will cover many vital topics of the Jewish world and beyond, from ethical aspects of the environment, the soul, and global antisemitism, to Jewish food – “The History of Bagels from Europe to North America” – and kosher beer.

Daniel Oore of Memorial University in Newfoundland and his mother, Irene Oore of Dalhousie University will present “Genocide and Improvisation: Listener and Teller.”

There is also a Montreal connection for Ottawa’s Limmud 2020. Rabba Rachel Kohl Finegold of Congregation Shaar Hashomayim and her husband, Rabbi Avi Finegold, interim rabbi of the Spanish and Portuguese Synagogue, are both participating, sharing their knowledge and community spirit with Limmud Ottawa.

One Ottawa connection is Baruch Sienna who will speak on “Judaism and the Environment: Beyond Bal Tashkhit.” Born and raised in Ottawa, he believes that Judaism’s ancient texts have many valuable lessons concerning “consumerism, sustainability and stewardship.” He’ll explore the natural world through the lens of classical Jewish texts and point out what they can teach us.

“Limmud participants come from very diverse backgrounds, religious affil-

iations, age, gender, religious practice, nationality, and level of Jewish knowledge,” said Jenny Roberge, an Ottawa mashgiach and one of the founders of Limmud Ottawa.

There will even be “Young Limmud” programs for kids aged six-to-12 and 13-to-15 from 9 am to 3 pm. This gives families an opportunity to enjoy and participate together in the unique programming.

Limmud Ottawa is affiliated with Limmud International, and has partnerships with the Max and Tessie Zelikovitz Centre for Jewish Studies at Carleton University, the Vered Jewish Canadian Studies Program at University of Ottawa, and is a beneficiary of the Jewish Federation of Ottawa. Limmud Ottawa also received a grant from the Congregation Beth Shalom Legacy Endowment Fund.

Limmud Ottawa 2020 takes place morning and afternoon on Sunday, March 15, at the Soloway Jewish Community Centre. Adult admission is \$36 and includes all sessions and a light kosher lunch. Limmud is aiming for a day of zero waste, and so please bring your own reusable water container.

Register at www.limmudottawa.ca. Registration in advance online is highly recommended as the event sells out. The full list of speakers is available on the website.

DOVERCOURT RECREATION

Building a healthy, active and engaged community through recreation

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




See all the details in our March Break flyer and Summer Camp Guide & family calendar

Register online, by phone or in person



DOVERCOURT RECREATION CENTRE

411 DOVERCOURT AVENUE, OTTAWA ON 613-798-8950

MORE INFO... dovercourt.org





Rabba Rachel Kohl Finegold, director of education and spiritual enrichment at Congregation Shaar Hashomayim in Montreal, will discuss end-of-life narratives in the Torah at Limmud Ottawa 2020.



(From left) Ben Karp Soloway JCC Volunteer Service Award recipient Sabina Wasserlauf; Grossman-Klein Teen Leadership Award recipients Max Rosenberg and Sabrina Silverstone; and incoming SJCC Board Chair Allan Shefrin gather at the SJCC AGM, January 29.

Allan Shefrin becomes SJCC board chair

Outstanding volunteers honoured at SJCC AGM

BY PAMELA ROSENBERG
SOLOWAY JEWISH COMMUNITY CENTRE

Allan Shefrin was appointed the new chair of the Soloway Jewish Community Centre (SJCC) Board of Directors at the SJCC annual general meeting, January 29.

A Winnipeg native and CHEO doctor, Shefrin has served on the SJCC Board for nine years and succeeds Michael Aronson in the position.

“When Steph and I moved back to Ottawa, we knew we wanted to get involved in the Jewish community as we looked ahead to the next chapters of our lives: meeting Jewish people, having kids and raising them Jewishly,” said Shefrin.

A highlight of the event was the presentation of awards to three outstanding volunteers.

Sabina Wasserlauf was the recipient of the Ben Karp Soloway JCC Volunteer Service Award. The award recognizes a volunteer who best exemplifies communal ideals and sets an ongoing example for others.

Wasserlauf, a clinical social worker, has been part of the SJCC since our doors opened over 20 years ago. She has been instrumental in the success of the SJCC’s Biathlon fundraiser and has facilitated educational programs. She has been on the SJCC board for 11 years and was board chair from 2016 to 2018.

In addition to her commitment to the SJCC, Wasserlauf has been involved with Torah Academy of Ottawa, the Ottawa Jewish Community School (OJCS), and Congregation Beth Shalom. She has volunteered for the Jewish Federation of Ottawa’s Annual Campaign and chaperoned the March of the Living in 2002.

Sabrina Silverstone and Maxwell Rosenberg received the Grossman-Klein Teen Leadership Award, presented

annually to a male and a female teen who have shown outstanding dedication and service to the Jewish community and the community at large.

A Grade 12 student at Sir Robert Borden High School (SRB), Sabrina has been involved in A Ripple Effect, Kiwanis KEY Club and participated in the DECA business competition. She is a member of the SRB Link Crew, helping new students learn the ropes. She has been part of the school play, both on stage and behind the scenes, and was nominated for a Cappie award.

Since Grade 9, Sabrina has been part of Torah High serving on the NCSY student board and as co-president. Following a trip to Israel and Poland this past summer, she attended Yale University’s Tikvah Institute. She served on SRB’s Holocaust Education Committee and has been an Israel advocacy intern through Hasbara Fellowships.

A Grade 11 honour-roll student at SRB, Max has spent his life on the Jewish Community Campus. He attended Ganon Preschool, OJCS and JCC Summer Camps where he now spends his summers as a counsellor.

At his OJCS graduation, Max was honoured with the Michael Hill Memorial Award for outstanding social consciousness. He has been a student at Torah High, regularly attends Jewish Culture Club and participates in Kehillat Beth Israel events. Max has been in the SRB play and last year was nominated for a Cappie for best comedic actor.

Aside from working at the SJCC in the summers, PD Day, Break Camps and babysitting, Max’s volunteer time at the centre go above and beyond his required hours. He also lends his time at school giving tours to prospective families and on Halloween spends the evening scaring kid as they make their way through the Halloween Haunted House for CHEO.



TRAVELING SPORTS CAMP



Instructional Swim Lessons included in Day Camp & Traveling Sports Camp

DAY CAMP



SPECIALTY CAMPS

Ages 2-15 REGISTER NOW!

WWW.JCCOTTAWA.COM

SolowayJCC

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

**FEDERATION
REPORT**



JOHN DIENER AND BRENT TAYLOR, CO-CHAIRS, JEWISH MEMORIAL GARDENS

Jewish Memorial Gardens (JMG) operates the two community-owned cemeteries, the original Bank Street location, established in the 1890s, and on Herberts Corners Road in Greely, purchased in 1976. Combined, JMG is where more than 5,000 members of our families and friends were laid to rest. Approximately 75 burials are conducted annually.

Both cemeteries are divided into sections, each one associated with either a current or historic synagogue. Originally, the synagogues owned and ran

Caring services during times of need

their own sections, but that was no longer workable, so in 2008, the ownership of the properties was transferred to JMG. A Board of Directors runs JMG, and is made up of members from each of the founding

synagogues, as well as representatives appointed by the Jewish Federation of Ottawa. The Board is tasked with handling all aspects of day-to-day operation, maintenance, and finance, while the synagogues maintain halachic control over the sections that they previously owned. As the synagogues were the original owners of the properties, synagogue membership is required to purchase interment rights. However, measures have been put in place to secure a special “time of need” membership when necessary. We also have policies in place to ensure that those who do not have the resources to pay for interment rights and burial costs for a deceased family member are accommodated.

In June 2019, Jonathan Freedman, chair of JMG since 2012, stepped down and we became co-chairs. Brent chaired the multi-million dollar revitalization of the Bank Street cemetery that took place five years ago, and has continued to be hands-on in all aspects of landscaping, maintenance, and day-to-day operation of the properties. John served as treasurer for a decade, and had dealt with and continues to work with finance, accounting, day-to-day issues, and compliance with the Bereavement Authority of Ontario. Together, we work in partnership with a group of dedicated volunteers and one paid employee, Executive Director Tammy Torontow.

Dealing with death is very painful and stressful for families, and Tammy collaborates with the synagogues, rabbis, Chevra Kadisha, funeral homes, and our wonderful grounds-keeping contractor to make the experience as easy as possible. Together, they all do whatever they can to get families through the ordeal in a dignified fashion, while respecting our Jewish tradition and halachah.

We have challenges moving forward.

Like all organizations, JMG has to be financially sustainable. The sale of flowers that we plant annually on gravesites is a major income source and families are encouraged to participate. Flower sales both help with our bottom line and are an excellent way to beautify the cemeteries while honouring the memories of our loved ones.

JMG also realizes that the needs of the community have changed. There are new groups within the community that will have to be accommodated, whether they be small congregations, mixed marriage couples, or unaffiliated Ottawa Jews who wish to be buried in a Jewish cemetery. The Board is working on developing both short-term and long-term plans to deal with shifting needs.

Finally, both cemeteries are peaceful, beautifully landscaped places to visit, reflect and remember family and friends. JMG’s goal is to continue to provide caring, compassionate services to the community during times of need.

Visit www.jewishmemorialgardens.org or call Tammy Torontow at 613-688-3530 for more information.

**FROM THE
PULPIT**



**RABBI MENACHEM M. BLUM
OTTAWA TORAH CENTRE CHABAD**

From the Caribbean to Mexico, from Florida to Europe, Ottawa vacationers attended Chanukah celebrations organized by Chabad and some brought back regards from my colleagues, Chabad rabbis posted around the globe. Their feedback was the same across the board, “It is so amazing to see young couples move to these far-out places away from their family and form their community and create a Jewish oasis in real deserts.”

My mentor, the Lubavitcher Rebbe, Rabbi Menachem M. Schneerson, is the inspiration that fueled the Chabad outreach revolution. His teachings continue to motivate thousands of his emissaries around the world to dedicate their lives to enhancing Jewish life wherever they are. This month, I participated in the commemoration of the 70th anniversary since he assumed the leadership of

A culture of creating leaders

the Chabad movement.

In his opening address in 1951, he said in Yiddish: “*Leig zich nisht arayn kein feigelach in busem*,” literally, “Don’t put birds in your bosom.” This Yiddish saying refers to someone who fools himself by putting a bird in his pocket, thinking that this will make him fly.

This is how the Rebbe empowered thousands of his followers to go out and create Jewish communities in places where kosher food or synagogues are often non-existent. He made it clear that while having a spiritual leader for guidance and inspiration is important, in order to see real progress, we need to work on it on our own and achieve it from within. His message was, “I am here to inspire and guide you, but I won’t do everything for you.” His attitude was that his followers are required to find their power and strength on their own and light their fire from within. Rabbi Dr. Jonathan Sacks, the former chief rabbi of Great Britain, expressed it beautifully: “Other Jewish leaders that I’ve met created followers, the Lubavitcher Rebbe created leaders. It was he who encouraged me and ordered me to enter the rabbinate.”

This is the standard that the Rebbe set for Chabad and how he built his Jewish outreach machine. The financial and programmatic responsibility rests entirely on the shoulders of the local Chabad rabbi and rebbetzin. The couples don’t

receive any seed money or capital funding from Chabad headquarters. Each chapter is independent and has to develop its own financial support from their local communities, which ensures that it establishes roots and truly becomes part and parcel of its local community. Although every chapter is directed by the Rebbe’s teaching and his guiding principle of loving every human being unconditionally, each chapter sets its direction as to what to spend most of its energy on. Whether their focus should be on youth programming, serving the elderly, education or on social programs and services.

In describing the Rebbe’s impact on world Jewry for the last 70 years, Rabbi Adin Even-Israel Steinsaltz writes: “The Rebbe changed the direction in which Jewish history was moving. If you told a Jew after the Holocaust that his son or daughter would be more God fearing, that the next generation would be more religious than the previous generation, that person would react in disbelief. The crisis after the Holocaust was so deep that the general feeling was that religion had ended, a matter of a year or 10, until Judaism became a distant past. The Rebbe inspired his followers to embark on a worldwide mission to travel to all corners of the earth to open Jewish educational and social centres and engage Jews of all ages in Jewish life and today we are seeing the results.”

OTTAWA JEWISH BULLETIN

VOLUME 84 | ISSUE 8

Ottawa Jewish Bulletin Publishing Co. Ltd.
21 Nadolny Sachs Private, Ottawa, K2A 1R9
Tel: 613 798-4696 | Fax: 613 798-4730
Email: bulletin@ottawajewishbulletin.com
Published 19 times per year.
© Copyright 2020

PUBLISHER
Andrea Freedman

EDITOR
Michael Regenstreif

PRODUCTION CONSULTANT
Patti Moran

BUSINESS MANAGER
Eddie Peltzman

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

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

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

Funded by the Government of Canada.

Canada

ISSN: 1196-1929
Publication Mail Agreement No. 40018822

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

FROM THE EDITOR



MICHAEL REGENSTREIF

IHRA definition of antisemitism needed

Last June, the federal government adopted the International Holocaust Remembrance Alliance (IHRA) definition of antisemitism as a component of its anti-racism strategy. At the time, Canada was the 17th country to adopt the definition.

The Centre for Israel and Jewish Affairs (CIJA) – the advocacy agent for Jewish federations in Canada, including the Jewish Federation of Ottawa – has been encouraging provincial and municipal governments across the country to endorse and adopt the IHRA definition as well.

In an era when, sadly, antisemitism and antisemitic hate crimes are on the rise, it is important to have a common definition of antisemitism that can guide law enforcement officials, the

courts, the educational system, and all of us. The IHRA definition does that by defining both classic antisemitism and pointing out examples of how criticism of the State of Israel can and does cross the line into antisemitism. However, the IHRA definition of antisemitism explicitly states that “criticism of Israel similar to that leveled against any other country cannot be regarded as antisemitic.”

The line is crossed, though, by “applying double standards by requiring of [Israel] a behaviour not expected or demanded of any other democratic nation,” or “using the symbols and images associated with classic antisemitism (e.g., claims of Jews killing Jesus or blood libel) to characterize Israel or Israelis,” or “drawing comparisons of contemporary Israeli policy to that of the Nazis,” or “holding Jews collectively responsible for actions of the state of Israel.”

In other words, criticism of specific Israeli government policies or Israeli politicians are as legitimate as criticism of specific Canadian or American policies. For example, as I write, environmental protest actions by several Indigenous nations in Canada have stopped Via Rail service across the country and it is not anti-Canadian to criticize the government on how it has handled the protests

or even how it has handled the totality of relations – and reconciliation – with Canada’s Indigenous peoples. But it would be anti-Canadian to say that Canada has no right or legitimacy to exist as a country because of how it has acted on the protests specifically, or even on Indigenous relations generally.

Bill 168, a private member’s bill introduced by Ontario Conservative MPP Will Bouma, would make Ontario the first province to adopt the IHRA definition. The bill passed first reading at Queen’s Park two months ago and is now at committee.

At the municipal level, few cities have yet taken any action on adopting the IHRA definition. On January 28, the day after International Holocaust Remembrance Day, the city of Vaughan, a Toronto-area suburb became the first city in Canada to adopt the definition.

On International Holocaust Remembrance Day, a motion was presented at Montreal’s city council calling for the city to adopt the IHRA definition. The motion was presented by Councillor Lionel Perez, an observant Jew, who told the Canadian Jewish News that he “believes the city should take this position because of the increase in hate crimes against Jews.”

However, when the matter came

before the city council, Perez withdrew the motion when Mayor Valérie Plante said defining antisemitism was “far from a black and white issue” and suggested sending the issue of antisemitism to a council committee which could devise a “Montreal model” to define antisemitism.

The following week there was no such hesitation when the city council of Westmount – the suburb next to downtown Montreal where I lived for 27 years before moving to Ottawa in 2007 – unanimously adopted the IHRA definition of antisemitism.

I hope Ottawa City Council will also soon act to adopt the IHRA definition.

BULLETIN WEBSITE

I’m pleased and excited to report that work on the new Ottawa Jewish Bulletin website is nearing completion and the site is scheduled to go live at www.ottawajewishbulletin.com on Wednesday, March 4.

The new design is a big improvement on our old site, which we have not been able to update since August. Since then, we’ve been posting content to a temporary site at www.ojbulletin.blogspot.com which we’ll continue to use until the new site goes live. It will be great to get back to our *real* home on the internet.

IDEAS AND IMPRESSIONS



JASON MOSCOVITZ

Do federal leaders need to speak French?

On the surface, I really admire the rarest of politicians who can bury their ego in an egocentric business. It is such a rarity that I suspect something else is going on that has everything to do with Canada being a bilingual country.

A lot has been said about MacKay’s embarrassingly bad French. He made grievous errors reading a few French lines on a teleprompter when he announced his candidacy last month.

MacKay’s French sounded as bad as former Progressive Conservative prime minister John Diefenbaker’s did 60 years ago, and about as bad as Reform Party leader Preston Manning 30 years ago. Maybe not quite as bad, but this is 2020, not 1957 or 1987.

MacKay’s fumbling efforts were met with derision in Quebec. In English Canada, a debate was launched as to whether the leader of the Conservative Party really needs to speak French. That debate centres on whether the Conservative Party needs Quebec to win an election.

Numerically, it is possible to win without Quebec. But as Brian Mulroney asked Tories during the 1983 leadership race, why start with a 100-seat disadvantage between Quebec and ridings outside of Quebec where there are

enough French-speaking voters to make a difference?

Mulroney knew his history, and he knew reading a few French lines like John Diefenbaker was not going to cut it with Quebecers. He knew the next stage of moderate fluency wasn’t good enough either.

A dictionary definition of ‘bilingual’ is that a person speaks two languages, one as well as the other. In Canada, bilingualism has often incorrectly come to mean speaking French or English with varying degrees of fluency in the other official language.

Former Conservative leaders and prime ministers Joe Clark and Stephen Harper were able to converse and debate in French. While Quebecers respected their efforts, Clark failed miserably in Quebec while Harper only won a few seats there.

Not being fluently bilingual is not a sin, but it falls short of the ultimate goal for an English-speaking Canadian to truly understand Quebec culture and Quebecers.

Although it seemed like a big surprise in 2011, it was no accident that the late Jack Layton won so big in French Quebec for the NDP. He didn’t just

speak French, he spoke it like a Quebecer. This told Quebecers, “This guy Layton, he really gets us.”

There will never be an NDP-like orange crush moment for MacKay. It is too late to learn that much French that quickly. But when all is said and done, it really isn’t about learning French. It is about feeling the French language, thus enabling you to feel and relate to Quebecers as Layton did.

As a former senior minister in Harper’s government, MacKay had to know what his linguistic target was, and he failed to meet it. The fact he is so far from it indicates extreme naiveté at best, or a complete lack of caring at worst. My ironclad guarantee is that Quebecers will never warm up to MacKay and, unlike Clark and Harper, they won’t be able to respect his efforts.

I recently asked a plugged-in Quebecer, someone whose job it is to know and follow all members of Parliament, about Rona Ambrose’s French. He responded by waving his hand, which told me everything I needed to know.

Perhaps her French is somewhat better than MacKay’s, but it is not nearly good enough, and Ambrose may have been smart enough to know that.

A wise person once told me every member of Parliament thinks they should be leader of their party, and that it just takes one scotch for them to say so. Welcome to the zany world of leadership politics.

Watching the Conservatives stumble out of the gate is a sight for sore eyes. A Peter MacKay coronation is not what the leadership race was cracked up to be. Apart from MacKay there is no star.

I am intrigued by Rona Ambrose saying no to running. Every political star I knew would have jumped at a chance to be prime minister. As I write, Ambrose is still resisting attempts to get her to change her mind.

‘We are better together’

Following his return from a trip to Israel, **Micah Garten** reflects on the changing relationship of Israel and the Diaspora.

As director of Development for the Jewish Federation of Ottawa and the Ottawa Jewish Community Foundation, I had the opportunity recently to visit Israel as part of a trip with Jewish Federations of North America. In the more than 20 years since my last visit, it’s fair to say that much has changed as Israel has advanced remarkably, embracing its reputation as a start-up nation. The changes I witnessed, for me, parallel the changing relationship that North American Jewry has with our homeland. Israel’s needs are different than they once were, and so too are our needs as a Diaspora. We still yearn for a connection to the homeland, but what that means has evolved.

Adapting to these changes, the North American Federations’ relationships with Israel have evolved as well. For example in Ottawa, the majority of Federation donor dollars go to serve local Jewish needs and programming in our city. The dollars donated beyond our community, go to support Jews across the world, not just in Israel.

Similarly, the projects we fund in Israel look vastly different than those of even a decade ago. During my trip, I had the opportunity to see firsthand some of the projects that we fund through our partners, the American Jewish Joint Distribution Committee and the Jewish Agency for Israel. I was struck by the innovation of running employment training for both haredi Jews and Israeli Arabs. Each group trains in a different program, but their learning is shared across both communities. In every project I visited, this dual theme of innovation and connectivity was repeated, with Israel striving to find new ways to solve problems and connect diverse groups of people.

Perhaps the program that made the greatest impact on me was on a trip to Sderot, where I heard from Taly Levanon and Chen Cotler Abrahams of the Israel Trauma Coalition (ITC). You can imagine the diverse



Chen Cotler Abrahams of the Israel Trauma Coalition explains how it has become a world leader by creating innovations to help people cope with trauma.

needs for resiliency that exist in Israel. From Jewish communities in the south, under constant threat of rocket attack and with cities where most children require counselling, to Bedouin communities, and people with disabilities, Israel’s diverse population presents vastly different needs. The ITC is a leader in identifying these needs and helping to tailor resiliency and training programs that are customizable. Given the unique circumstances that Israel faces, ITC has quickly become a world leader creating innovations to help people to cope with trauma.

Sadly, this reality played out very close to home on October 27, 2018 when a domestic terrorist entered the Tree of Life synagogue in Pittsburgh on Shabbat morning and senselessly slaughtered 11 men and women. Within 24 hrs, ITC was on the ground in Pittsburgh helping provide the Jewish community with counselling and training.

That Israel has blazed ahead and can now send emergency response teams to help Jews in North America is emblematic of not only the country’s successes, but also the changes in our relationship to our homeland. Once a barren landscape that needed pioneers and donor dollars just to survive, Israel has made the desert bloom and keeps reaching and moving forward, spreading and sharing its innovation and gifts wherever possible. This success is our success and speaks volumes about the values of Jewish peoplehood. This is a two-way relationship and just as Federations understand the needs and benefits of partnership, visiting Israel makes it clear that we are indeed better together.

MAILBAG | bulletin@ottawajewishbulletin.com

SIYUM HASHAS

It was wonderful reading about Rabbi Gavriel Rudin’s impressions of the Siyum HaShas at the MetLife Stadium on January 1 (“Inspirational gathering of 90,000 celebrates Talmud study,” January 27). I had the opportunity to attend three Siyumei HaShas in Israel, one sponsored by the Agudat Yisrael, the second by the Mizrahi Religious Zionist movement, and the third a Chassidic one comprising of hundreds of attendees from different sects.

While none of them compares to the extravaganza at MetLife, the message of

unity pervades all of them, notwithstanding which religious grouping one represents or follows. Each of the Siyumei has its own character in reaching out to its participants. However, the message of Talmud Torah pervades the entire community, and is the heritage of all Jews.

The Torah tells us at the end of Deuteronomy that it is close to all those who seek it. In our times, with the advent of technological advancement, Daf Yomi has become accessible to all. All one has to do is to click a button or open a volume of Talmud. Its treasure await all Jews.

Rabbi Howard Finkelstein



A Mitzvah Day Can-gineering team builds a structure using cans and boxes of food which were then donated to the Ottawa Kosher Food Bank, February 2, at the Soloway Jewish Community Centre.

Mitzvah Day: Community at its finest

Continued from page 1
ing the event, Mitzvah Day 2020 was a tremendous success.

“It brings all the community together regardless of age and denomination,” said Jewish Federation of Ottawa Chair Michael Polowin. “Mitzvah Day is my favourite day of the year.”

As Mitzvah Day wound down, Federation President and CEO Andrea Freedman reflected on the day’s events while passing out cookies with a smile.

“People, food and giving back,” said Freedman. “What could be bad? It’s

about the power of each of us.”

A power fully exercised on Mitzvah Day.

Rabbi Reuven Bulka, co-chair of the Jewish Federation of Ottawa annual campaign and rabbi emeritus of Congregation Machzikei Hadas, showed his pride in the Jewish community and in Mitzvah Day by describing its importance in an organic way.

“It’s like planting a seed,” said Rabbi Bulka. “It’s a small little thing but it can make a big impact. It’s community growth at its finest.”

TU BI'SHEVAT CAMPAIGN 2020

BUILDING ISRAEL TOGETHER



Yes! I would like to contribute to the 2020
I would like to allocate my gift to:



HELP BUILD THE BEIT KKL-JNF CANADA HOUSE IN SDEROT



BUILDING THERAPEUTIC GARDENS FOR THE PATIENTS OF EITANIM HOSPITAL



HELP REHABILITATE THE BEN SHEMEN FOREST

You can help JNF build the foundations for Israel's future by contributing to the 2020 Tu Bi'Shevat Campaign. By supporting the campaign, you are shaping the lives of youth on the periphery, providing desperately needed therapeutic gardens, and rehabilitating the Ben Shemen Forest. Please give generously and let's build Israel together!

Name: _____

Address: _____

City: _____

Postal: _____

Phone: _____

Email: _____

Cheque Payable To
Jewish National Fund of Canada Enclosed

Please Charge My: VISA MC

Name on Card: _____

CC # _____

EXP. ____ / ____ CVV ____

**MAKE YOUR CONTRIBUTION:
JNF.CA/TU-BISHEVAT-CAMPAIGN
OTTAWA@JNF.CA 613.798.2411**

★ **These projects qualify for matching,
dollar-for-dollar!**



SCREEN SHOT FROM YOUTUBE

Yohanan and Shifra Lowen's suit against the Quebec government is not seeking monetary damages but demands a declaratory judgment forcing the province to provide more oversight to ensure that children who attend private religious schools learn the provincial curriculum.

Former Hasidic couple sues Quebec for failure to make sure they were properly educated

BY MARCY OSTER

Stand with Israel... In Israel



ottawa@sarelcanada.org
514-735-0272 or montreal@sarelcanada.org

www.sarelcanada.org

Programs start approximately
every 3 weeks.

(JTA) – A formerly Hasidic Jewish couple is suing the Quebec provincial government and its school system, claiming the government did not make sure they received a complete education.

Also named in the suit are Yeshiva Oir Hachayim in Boisbriand, Quebec, and the Grand Séminaire Rabbiniq Tash de Montréal and Collège Rabbiniq de Montréal Oir Hachayim d'Tash in Montreal.

The trial opened February 10 in Quebec Superior Court.

Yohanan and Shifra Lowen filed the lawsuit five years ago, the CBC reported. They are not suing for money but are demanding a declaratory judgment to force Quebec to provide more oversight to ensure that children who attend private religious schools learn the provincial curriculum.

“The plaintiffs finished their high school education without knowing about the St. Lawrence River or the theory of evolution,” the summary of their claim reads.

Similar lawsuits have been filed in New York and in Israel, where some reform has been undertaken.

Yohanan Lowen says in the lawsuit that when he finished school at the age of 18 he could barely add or subtract, could not read and write in English or French, and was unprepared to find work, according to the CBC.

Lawyers representing the province and the Tash community on Monday told the court that the problems with the students' education have been addressed, the Canadian Press reported.

Lowen broke ties a decade ago with Tash, an insular Hasidic sect based in Quebec. He and his wife, whose legal name is Clara Wasserstein, have four children and live in Montreal.



SUMMER CAMPS



Learn to Play... Play to Learn!

SPORTS CAMP (4-7)

Age-appropriate activities with instructional segments of golf, squash, basketball, soccer, various games and outdoor play, as well as daily Red Cross swim lessons.

MULTI-SPORTS CAMP + FITQUEST SPORT FUNDAMENTALS (8-14)

A more structured multi-sport camp with introductions to club sports, complemented by focused athletic and functional movement development skills designed by Chris Schwarz, NHL Strength & Conditioning coach.

KARATE CAMP (5-13)

Experience all the great benefits of learning and practising Karate with Sensei Nick Douvris, 2012 WKC Canadian National Team.

GOLF CAMP (5-14)

Young golfers will hone their FUNDamental skills under the guidance of PGA of Canada teaching professionals at our affiliate summer golf course, and return to the OAC for a daily afternoon swim.

SQUASH CAMP (9-15)

Learn vital skills, shots, court movement and swing mechanics from Stephen Neal, OAC Squash Professional. Other club activities balance out the day.

TENNIS CAMPS (6-15):

Futures, Intensive (Intermediate), All Stars (U9, U10), Master Class (U14, U18)

Multi-level development for beginners to intermediate to competitive level players with on-court instruction led by Noble Tennis School teaching professionals under the direction of Tony Roth, Level 4 Coach.

**WEEKLY FROM
JUNE 22 - AUGUST 28
Monday - Friday, 9am - 4pm**

Complimentary supervision 8:30am-5pm
All Camps include a daily supervised swim!

**Best
Camper to
Counsellor
Ratio in
Ottawa**

Register Online: ottawaathleticclub.com | camps@ottawaathleticclub.com

Jewish women in Ottawa to celebrate International Women's Day

BY LOUISE RACHLIS

Three Ottawa women, originally from Israel, have organized an event for Jewish women in Ottawa to celebrate International Women's Day.

The International Women's Day Celebration Party was organized by Hen Amiel Tomer, Shlomit Jacobson and Shira Alon Musafi and will take place on the evening of Saturday, March 7 at the Soloway Jewish Community Centre. Organizers say the event is dedicated to all the Jewish women in Ottawa, and is an opportunity for women "to celebrate and be celebrated."

The three organizers are part of an informal group of Israeli women who first got together in an Ottawa café.

Among themselves, they've run cooking classes, parenting classes, and all kinds of activities welcoming Israeli newcomers to Ottawa. After several events within the Israeli community, they decided to create this wider celebration for the larger community of Jewish women in Ottawa.

"We strongly believe that by empowering women you empower and strengthen the whole community," said Tomer. "International Women's Day is a great opportunity to bring together the amazing Jewish women in Ottawa to celebrate, empower, connect and engage."

The evening includes a buffet dinner and drinks, a live show, and an energetic dance party.

The theme for 2020 International Women's Day is "Each for Equal," said Tomer, "a great fit for what we are trying to accomplish here, to foster an all-inclusive community where each one feels at home, all the time."

The goals for the event are to connect the well-established Jewish community with the relatively new Israeli community "through celebrating our social (womankind) and cultural (Judaism) common grounds as a way to start building shared identity"; to continue to provide a sense of belonging to the growing community of Israeli women in Ottawa; to celebrate the achievements of women in general and of Jewish women in particular; and "to create shared memories through a wonderful evening with like-minded women from all walks of life."

They note that in a previous post-event survey, it became apparent that Israeli women in Ottawa crave a deeper connection with the larger Jewish community.

"The decision to have a larger event that includes all the women in Ottawa stems from our wish to cater to this very real need to narrow the perceived



(From left) Organizers Shlomit Jacobson, Hen Amiel Tomer, Shira Alon Musafi are working to connect Israeli women in Ottawa with the wider Jewish community and have organized an International Women's Day celebration taking place at the SJCC on March 7.

gap between the newcomers and the established community. Interestingly, since the issue was brought up in the survey, we initiated conversation with many women from the established Jewish community that expressed the same need. That made us realize that there is an appetite for both communities to become one," explained Tomer.

They feel their project is unique because most initiatives today are affiliated with a specific group within the larger Jewish community, "while the majority of the Israeli community in Ottawa are not affiliated with a certain congregation, leading to feelings of isolation and even seclusion."

For this event, "women are invited and encouraged to have fun... to connect, form new friendships and develop a sense of belonging."

Lynne Oreck-Wener, founder of the Ottawa Jewish Community Foundation's Women's Collective Philanthropy Program, was impressed by the desire of the Israeli women "to become a part of and engaged in the 'established' - as we have loosely named it for lack of another term - Ottawa Jewish community.

"These wise women sought the route of connecting with women, building trust and relationships as the conduit," Oreck-Wener said. "It is profound that they feel their children are Canadian and want to enable them to engage in the community. To choose to hold the event in celebration of International Women's Day is a perfect fit."

The doors open at 7 pm (after the conclusion of Shabbat) and the party goes until midnight. Tickets were sold out at press time. Send an email to Israeliwomeninottawa@gmail.com for inquiries.



OTTO'S  SUBARU®

BRRRING° ON WINTER EVENT

Fully equipped to take on sleet, slush, and snow this winter.

**2020 ASCENT
WELL-EQUIPPED FROM \$38,374***

LEASE MONTHLY FOR **\$348** AT **0.5%** APR**

WITH \$4,722 DOWN. FOR 24 MONTHS.

**SYMMETRICAL
AWD**

 **EyeSight**
Driver Assist Technology

- Symmetrical Full-Time All-Wheel Drive
- Amazing fuel efficiency
- Class-leading safety features
- Seating for up to 8 passengers

Otto's Subaru, 225 Richmond Road, Ottawa, ON K1Z 6W7 • Tel.: 613 728 5813 • subaruottawa.ca



OFFICIAL
AUTOMOTIVE
PARTNER



Limited-time offers. MSRP of (\$36,695) on the 2020 Ascent 8 Passenger (LT2C8). *Advertised pricing consists of MSRP plus (\$1,800) freight and PDI, \$249 Admin, \$100 Air tax, \$10 OMVIC, \$20 Tire Levy Freight/PDI charge includes a full tank of gas. Taxes, license, registration and insurance are extra. \$0 security deposit. \$500 Stackable Dollars may be used towards eligible purchases and can be combined with Subaru Canada supported lease and finance rates on select new 2020 Ascent models through participating Subaru Canada Dealers. **Lease rate of (0.5%) for 24 months. Lease payments of (\$348) monthly with (\$4,722) down payment. Lease end value (\$25,664) with (\$5,730) due on delivery. Lease based on a maximum of (20,000 km/year for two years, maximum 40,000km total), with excess charged at \$0.10/km. Subject to credit approval by Subaru Financial Services by TCCI. Leasing and financing programs available through Subaru Financial Services by TCCI. Other lease and finance rates and terms available; down payment or equivalent trade-in may be required. Model shown: 2020 Ascent Limited (LT2L8) with an MSRP of \$47,495. Dealers may sell or lease for less or may have to order or trade. Vehicle(s) shown solely for purposes of illustration and may not be equipped exactly as shown. EyeSight® is a driver assist system, which may not operate optimally under all driving conditions. The driver is always responsible for safe and attentive driving. System effectiveness depends on many factors such as vehicle maintenance, and weather and road conditions. See Owner's Manual for complete details on system operation and limitations. Ascent and Subaru are registered trademarks. Offer ends March 2, 2020. Offer subject to change or cancellation without notice. See your local Subaru dealer or visit www.ontario.subarudealer.ca for complete program details.

DISCOVER TORAH DAY SCHOOL



WHERE YOUR
CHILD'S SMILE
SAYS IT ALL

Where Learning is:

- Inquiry-based & hands-on
- Differentiated & individualized
- Judaically-centred
- Inspirational & fun
- Meeting or exceeding Ontario Ministry standards



Learn more about Torah Day School of Ottawa

For more information or to book your private tour
call 613-274-0110

Torah Day School of Ottawa

1119 Lazard Street, Ottawa, ON K2C 2R5
613-274-0110 • info@torahday.ca

For more information visit our website torahday.ca



Mitzvah Day volunteers make hamantaschen at Hillel Lodge for Ottawa Kosher Food Bank clients, February 2.

The beauty of Purim: Uniting through tzedakah

BY VALERIE MICHAILOVICH
FOR OTTAWA KOSHER FOOD BANK

On the evening of March 9, Jewish communities around the world will begin celebrating Purim. The holiday tells a story of real courage and bravery that saved the Jewish people from their evil persecutor, Haman.

Many celebrate Purim with some of the happiest traditions: the reading of Megillat Esther; the exchange of Mishloach Manot between family and friends; and the consumption of a delicious holiday feast.

However, hidden within the playfulness of the holiday lies an important commandment associated with Purim: *Matanot La'evyonim* (giving tzedakah to the poor). This commandment is based on a verse that can be found in Megillat Esther: "And one must give gifts to the poor during the day of Purim; and no less than two poor people, one gift to each of them to anyone who holds out their hand, you shall give it to them."

In Judaism, the act of giving charity is not time bound; one is encouraged to give charity at any time of the year. And yet, it is an essential part of observing Purim.

While there are many explanations as to why one is commanded to give to charity during Purim, the foremost is this: Jews were oppressed and suffered collectively as a people. Therefore, the main theme of Purim is Jewish unity. We celebrate our freedom and many blessings together, as one community.

Unfortunately, there are those in our community who are less fortunate than others. Each month about 80 to 90 Jewish families rely on the Ottawa Kosher

Food Bank for basic needs like canned goods, kosher meat, fresh produce, and household items.

Established in 1997, the Ottawa Kosher Food Bank – based at Kehillat Beth Israel – supports people of all ages living in Ottawa. Over the past year, 23 per cent of its clients were children under age 18. Not only do these families get access to healthy and nutritious food, they also become part of a greater community.

This Purim, we have a perfect opportunity to give back and fulfill the commandment of *Matanot La'evyonim*. Although the mitzvah is fulfilled by giving charity to at least two individuals in need on Purim, here are some ways one can support the Ottawa Kosher Food Bank this Purim and throughout the year:

- Donate online or by phone and have tribute cards sent out to friends and family to celebrate the holiday;
- Participate in a community-wide food drive by bringing non-perishable food and household items to the Megillah reading at your synagogue;
- Sponsor a Stock-the-Freezer event to prepare and freeze soups, baked goods, and other items for our clients.

Your donation is more than just a donation. It is an act of courage and promotion of Jewish unity, the pillars of the story of Purim. Let's make sure that everyone in our community can unite and enjoy the holiday festivities.

Visit www.okfb.ca or follow us on Instagram or Facebook or contact Ottawa Kosher Food Bank Manager Dahlia Milech at 613-728-3501, ext. 235 for more information.

OTTO'S  OTTAWA

DON'T BE DRIVEN BY TECHNOLOGY. DRIVE IT.



2020 BMW 330i xDrive Sedan

Monthly payments starting from*

\$528

Down payment \$5,450




Lease rates from*

2.99% APR

48 months

Includes a credit of**

\$1,000

660 Hunt Club Road, Ottawa, ON K1V 1C1 • Tel.: +1 613-725-3048
info@bmwottos.ca • bmwottos.ca •   

OFFICIAL
AUTOMOTIVE
PARTNER



*Lease offers of 2.99% APR for 48 months available only through BMW Financial Services Canada on approved credit (OAC). Lease example based on a base model 2020 BMW 330i xDrive Sedan: \$50,830 (MSRP (\$49,350) plus Freight & PDI (\$2,480) less \$1,000 delivery credit) at 2.99% APR for 48 months. Monthly payment is \$528.06 with down payment or trade equivalent of \$5,450. Retailer administration fee (\$399), lender administration fee (\$0), OMVIC (\$10), A/C levy (\$100), Tire Recycling Fee (\$16) and fees associated with PPSA (\$57.12) are due on signing. Licensing, registration, and applicable taxes are extra and due on signing. First month's lease payment and security deposit of one month's payment are due at lease inception. Total obligation for the lease is: \$25,928.87. The residual value of the vehicle at the end of the term is \$24,181.50. Annual kilometres limited to 16,000; \$0.15 per excess kilometre. Excess wear and tear charges may apply. **\$1,000 Credit on new in-stock 2020 BMW 330i xDrive Sedan models applies to cash and lease/finance purchases made through BMW Financial Services Canada. Offer expires February 1, 2020. Delivery must be taken by February 29, 2020. Offer is subject to availability and may be cancelled or changed without notice. Certain conditions apply. See your local BMW Retailer or bmw.ca for full details.

Mitzvah Day



THANK YOU!

to everyone who participated
on February 2!



Building meaningful Jewish journeys where no one is left behind.

jewishottawa.com JFedOttawa JewishOttawa

Corporate
Partners



Cha



Photos: Howard Sandler,
Connor Roach

Better Together!

Thank you, Friends of Mitzvah Day!

Anonymous
Leila & Stuart Ages and family
Sharon & David Appotive and family
Andrew Fainer & Bonnie Boretsky
Boyden Executive Search
Heidi Dutton and Jonathan Huber
Barbara & Michael Feldman
Andrea Freedman
Michael Geist & Allison Geffen and family
Leanne & Jeff Greenberg and family
Robert Greenberg

Roger Greenberg & Cindy Feingold
Vera & Leslie Klein
Rhonda & Danny Levine and family
Linda & Warren Melamed and family
Merovitz Potechin LLP
Minto Foundation
The Minzberg family
Naomi & Jonathan Mitchell and family
Steven & Sarah Morgan and family
Michael & Melanie Polowin and family
Shelley Rothman and family

Tom Sargent
Jessica Shabinsky
Allan, Stephanie, Livia and Frances Shefrin
Ian & Randi Sherman and family
Jenny & Jason Shinder and family
Sol & Zelaine Shinder
Jules & Barbara Sigler and family
Nathan & Cindy Smith and family
Serena, Aurelia & Jeremy Stobo
Armon Vaziri
Joelle Zagury and family



Breakfast
Sponsor



Special
Thanks

Escape Manor Junior
Flying Squirrel Trampoline Park
Ottawa 67's Hockey Club
Smith Induspac Customized Industrial Packaging

Israeli nephrologist says kidneys can be rejuvenated

Will dialysis become a thing of the past?

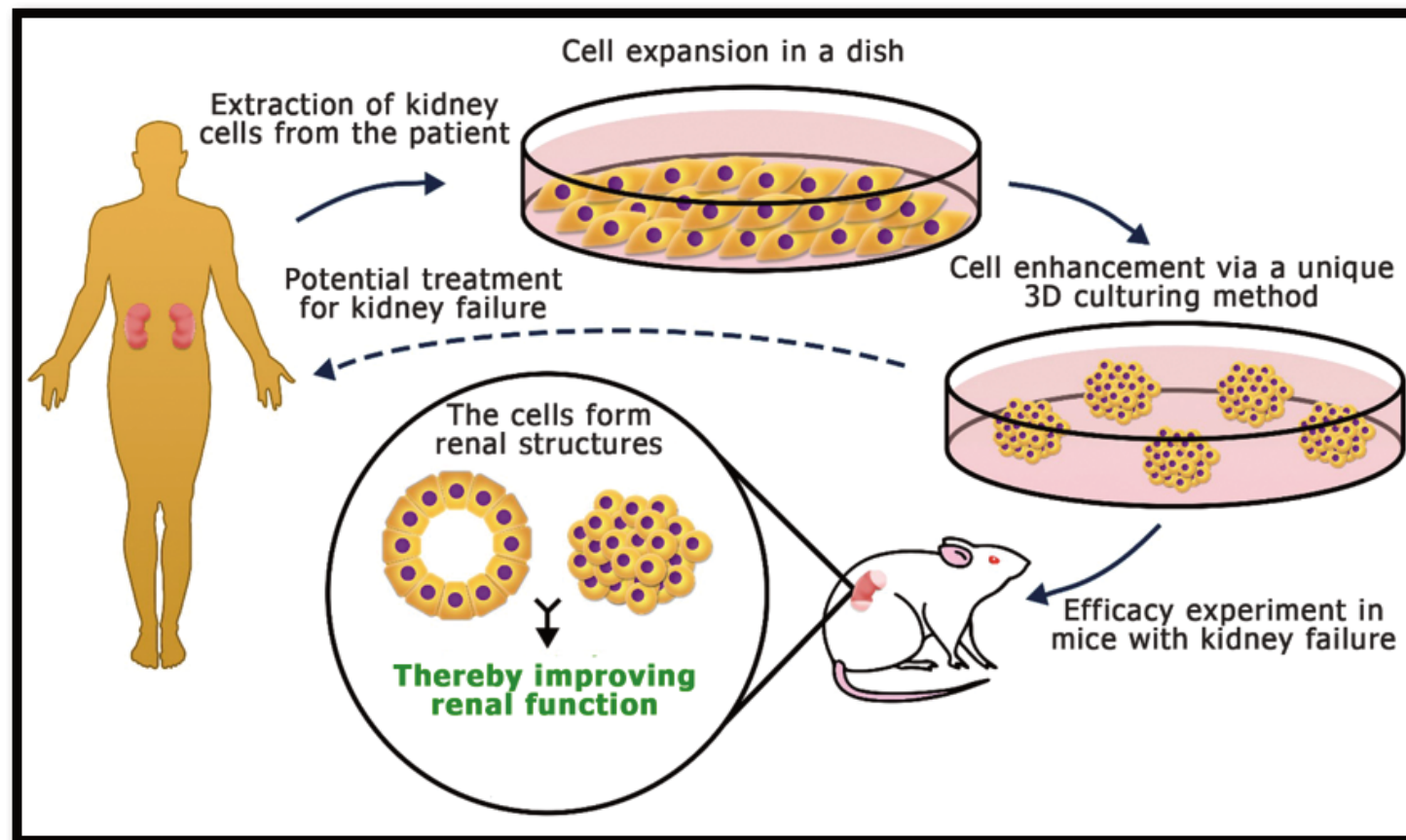
BY KEN STEPHENS

A groundbreaking study has shown that it is possible to rejuvenate damaged kidneys and improve their function, a procedure that could reverse chronic kidney disease, offsetting the need for dialysis. This is the first breakthrough in decades to combat this disease, often precipitated by hypertension and diabetes, and which affects 10 per cent of the population worldwide.

The study was conducted by Dr. Benjamin Dekel, head of Pediatric Nephrology and the Pediatric Stem Cell Research Institute in the Edmond and Lily Safra Children's hospital at Sheba Medical Center, and published last month in the *Cell Reports* medical journal.

In past studies, researchers discovered that the adult kidney constantly renews itself over time through the activity of colonies of cells that replace lost and degenerated cells in the kidney. Dekel and his team have now developed an innovative technology that involves the extraction of such healthy kidney cells from diseased kidneys. These cells are then expanded into large numbers within a laboratory environment. By generation of three-dimensional cultures called "kidney spheres," the cells show improved function to generate new kidney tissue and replace lost cells. The new cells are then reintroduced into the kidney where they rebuild it, positively influencing neighboring cells and improving its function (see diagram).

One of the most significant aspects of the discovery is that the newly developed technology uses the patient's own cells, thereby circumventing the need



"The ability to generate new kidney tissue – to replace the damaged tissue – could help millions of patients worldwide who suffer from kidney disease," says Dr. Benjamin Dekel.

for immunosuppression as well as problems associated with immune rejection. Thus far, the method has been tested on mice, where the cells have shown their ability to generate new renal structures, associated with an ability to be retained for a long time once administered into the host kidney. The treated

mice displayed improved renal function. By focusing on improving and stabilizing renal function, this treatment has the potential to help millions of patients with chronic kidney disease and who have yet to require dialysis treatment. These results will be studied in clinical trials on patients with renal failure

by the KidneyCure Bio firm, which commercialized this technology.

"The breakthrough in this technology, which was developed at the Sheba Medical Center, is not only in the ability to maintain the kidney-renewing cells outside the body, but also in the ability to multiply them and generate large numbers of cells and make them function properly using the 3-D cultures," said Dekel. "This is important news for patients with chronic kidney disease, who hopefully will benefit from these discoveries in the coming years. The ability to generate new kidney

tissue – to replace the damaged tissue – could help millions of patients worldwide who suffer from kidney disease."

The research was carried out by senior researchers Dr. Orit Hara-ri-Steinberg, Dr. Dorit Omer, and Yehudit Gnatek from the Pediatric Stem Cell Research Institute, under Dekel's leadership.

Collaborators include: Dr. Zohar Dotan, head of Uro-Oncology Service from the urology department at Sheba Medical Center; Dr. Tomer Kalisky and co-workers from Bar Ilan University; and Professor Yaron Fuchs and co-workers from The Technion.

ALTERNACARE INC.

Extra help doesn't have to be expensive.

Alternacare provides the highest-quality services to fit you and your family's needs.

- Nursing care
- Personal care
- Companionship
- Palliative care
- Accompaniment to appointments
- Meal preparation/housekeeping
- Customized care plans and more...

Our professional caregivers provide you with peace of mind for every unique situation.

Rachel Schachter, Manager
613-866-0775
www.alternacare.ca

ACCREDITED
Member of the Ontario Palliative Care Association
Member of the Canadian Home Care Association

Physiotherapy,
Massage Therapy,
Custom Orthotics,
Braces &
TCM Acupuncture,
**MVA *Direct Billing*

**\$50 off with ad
at all 4 locations**
(conditions apply)

PHYSIOCARE
PHYSIOTHERAPY & REHAB CENTRE

289 Greenbank Rd.
1400 Carling Ave.
6130 Hazeldean Rd.
5035 Innovation Dr.

info@physiocarephysiotherapy.com

Is your attempt at wellness more of a 'wellmess'?



GLORIA SCHWARTZ
FOCUS ON FITNESS

I was recently doing a post-workout stretch when I looked down and noticed the word “Wellness” printed on the mat. As I looked at that word, I imagined “wellmess” – a word that doesn’t exist but probably should, to reflect the feelings of confusion we sometimes experience as a result of all of the misinformation about diets and exercise.

For example, we’ve heard for several years that we should be walking 10,000 steps (about five miles) each day for optimal health. Where did this recommendation come from? It turns out that a Japanese company selling pedometers in the 1960s created the 10,000-steps guideline to sell pedometers. If you use a step-tracking device, you needn’t feel anxious or guilty if you don’t walk 10,000 steps. A four-year study of 16,000 older women found that they achieved a decrease in mortality rates with just 4,400 steps per day. Compared to less active women who walked an average of 2,700 steps daily, the mortality rate of the more active group dropped until the women reached 7,500 steps per day. After that, there was no added benefit of walking more steps. It may be unrealistic and intimidating for someone who has been sedentary for many years to suddenly get in 10,000 per day. Rather, starting with more modest goals and building up over time can be more achievable and may result in significant health benefits. <https://tinyurl.com/y4monad9>

Diets are always a hot topic and there’s so much conflicting information about them. So many people swear by this diet or that diet, but most of the successes attributed to any given diet are anecdotal rather than scientifically supported. If you put individual results and personal feelings aside, the truth is that most diets are similar in that they’re some form of caloric reduction based on restricting or increasing fat, carbohydrates or protein. To help clear up some confusion, a panel of experts reviewed the top 35 most popular diets in terms of sustainability, nutritional soundness, weight loss and long-term health implications. The Keto Diet – a

fad diet based on high fat and very low carb consumption – ranked as one of the worst diets at number 34. The trendy Paleo Diet – eating like a pre-agricultural caveman so no dairy, grains or legumes and high in protein – ranked low at number 29. It was considered too restrictive to be healthy or sustainable.

What were the highest ranked diets? It didn’t surprise me that the most sensible diets – the Mediterranean Diet and the DASH Diet (Dietary Approaches to Stop Hypertension) were in the top two positions respectively. Those diets are proven to be healthy and sustainable. They include a variety of healthy foods such as fruits, nuts, vegetables, fish and olive oil, and eating less meat, sugar and saturated fat. The DASH Diet also includes reduced sodium intake. Benefits of these diets, coupled with an active lifestyle, include heart and brain health, cancer prevention

So many people swear by this diet or that diet, but most of the successes attributed to any given diet are anecdotal rather than scientifically supported.

and the prevention and management of diabetes. Visit <https://tinyurl.com/y55a5anv> to see the diet rankings and read about each type of diet.

There’s also confusion and misinformation around the types of exercise that are the best for overall health and weight management.

Should you do cardio exercise or strength-building exercise or a combination? Doing a variety of types of exercise is your best bet for improving longevity and health. It doesn’t matter what activities you choose. If you despise aerobics classes, find something else you can do for your cardiorespiratory system such as brisk walking, riding a bicycle or swimming. If you don’t want to lift weights, find other activities to strengthen your bones and muscles, such as chores or exercises that require lifting, pushing and pulling. Keep challenging yourself, don’t be afraid to break a sweat or get your hair messy. Engage in physical activities that give you positive physical and emotional results, so you’ll stay motivated in the long term. There’s no quick fix.

One way to sift through information is to ask yourself whether something sounds too good to be true. Some truths: There are healthy foods but no miracle foods, “superfoods” are just foods high in nutrients; Yoga or dietary cleanses do not detox your body, your organs naturally detox your body; You can’t spot reduce fat, your belly fat will not go away with crunches, no matter how many you do. Gullible or misinformed people who jump on the bandwagon with fads and ignore facts waste their time and money and may risk their health.

JIVE. BOP. SWING.

THIS IS JAZZ AT AMICA



Our senior lifestyles residence is hosting a jazz concert at our Duke of Richmond pub. Dress in your best black & gold apparel and enjoy a live performance by the Night Life Duo, plus refreshments prepared by our Red Seal Chefs.

JOIN US AT THE EVENT

Saturday, March 7 ~ 3:00pm

491 Richmond Road, Ottawa

RSVP BY MARCH 3

JULIA AT 613-728-9274

AMICA

WESTBORO PARK

PRIVATE TOURS AVAILABLE • AMICA.CA/WESTBOROPARK

‘Outfitting the world, one child at a time’

While we may have cut our teeth sending hockey equipment to Israel, Ben Sohmer, Mitch Miller and I are helping to bring hockey to as many places as possible, writes **David Lisbona**.

‘**O**utfitting the world, one child at a time’ is our motto and we are now working with Hockey without Borders. Their goal is to ensure that any child who wishes to participate in hockey has the equipment they require.

I live in Montreal – although I attended Carleton University and recently completed a 12-year run on the board of Camp B’nai Brith of Ottawa (CBB) – and I’m working with my brother-in-law, Ben Sohmer, and Mitch Miller, both of Ottawa. We believe in this motto are now working to bring the world’s greatest game to aboriginal youth.

We are not strangers to bringing hockey to far-flung regions. We have long supported the Israeli ice hockey program at the Canada Centre in Metulla (in the Jewish Federation of Ottawa’s Partnership 2Gether region). But their needs have changed and we want to bring the basic equipment we collect,

namely, skates, helmets and gauntlets, to as many kids as possible to expose them to our great game.

We understand the power of hockey to change lives to improve the situations of young people, not only physically, but socially as well. We want to grow the game wherever we can and this was an ideal opportunity for us to do so.

We are currently working to support the Canadian North project associated with the First Assist Initiative spearheaded by former Montreal Canadien John Chabot. The initiative is featured in “Hit the Ice,” a TV series on APTN (Aboriginal Peoples Television Network, which chronicles the journey of First Nations players across Canada.

“Without the help of people like David, Ben and Mitch and organizations like Hockey without Borders, the opportunity to play hockey for the kids in the North would be greatly diminished,” Chabot explained. “The cost of



Hockey without Borders helps First Nations hockey players in the Canadian North by providing some of the equipment they need.

equipment alone is prohibitive. With the donation of their gently used equipment, kids from Yukon, the Northwest Territories, Nunavut and Nunavik will be able to participate in a sport that will help them lead a healthy and productive lifestyle.”

While it has been a challenge for First Nations youth to make it to the NHL,

in goaltender Carey Price, the Montreal Canadiens boast the highest profile NHL star with an aboriginal background.

Chabot’s home is not far from CBB in Quyon, Quebec and CBB allowed us to piggyback off the empty leg of their luggage trucks from Ottawa to Quyon to deliver equipment to him. Call it our “first assist.”

Kirk Douglas, iconic movie star who reconnected to Judaism later in life, dies at 103

BY TOM TUGEND

LOS ANGELES (JTA) – Kirk Douglas, the legendary actor who portrayed legions of tough guys and embraced his Jewish heritage later in life, died at his home in Beverly Hills on February 5. He was 103.

Over a career that spanned 87 films – including 73 big screen features and 14 on television – the blond, blue-eyed Douglas, dimpled chin thrust forward, was often cast as the toughest guy around, vanquishing hordes of Romans, Vikings and assorted bad guys.

Thrice nominated for an Academy Award and a recipient of an Oscar for lifetime achievement and a U.S. Presidential Medal of Freedom, Douglas evolved from an egocentric and promiscuous young man into a multi-talented actor, director, author, philanthropist and student of Torah who left a deep imprint on both Hollywood and the Jewish people.

Douglas also was the author of 11 books, ranging from personal memoirs and a Holocaust-themed novel for young readers to a collection of poetry dedicat-

ed to his wife.

“Most stars of his stature are shaped out of mythic clay,” the director Steven Spielberg said in presenting Douglas with the lifetime achievement Oscar in 1996. “Kirk Douglas never chose that. He doesn’t have a single character that makes him unique. Instead he has a singular honesty, a drive to be inimitable.”

Douglas was born Issur Danielovitch in 1916 in the upstate New York town of Amsterdam, the son of an illiterate Russian-Jewish immigrant who supported his six daughters and one son as a rag picker and junk man.

A chance to escape came shortly after his bar mitzvah, when the Sons of Israel Synagogue offered to underwrite his rabbinical studies. Douglas firmly declined, declaring that he would become an actor. He held fast to that ambition while attending Saint Lawrence University on a wrestling scholarship and during Second World War service in the U.S. Navy.

His first movie role came in 1946, when he played Barbara Stanwyck’s

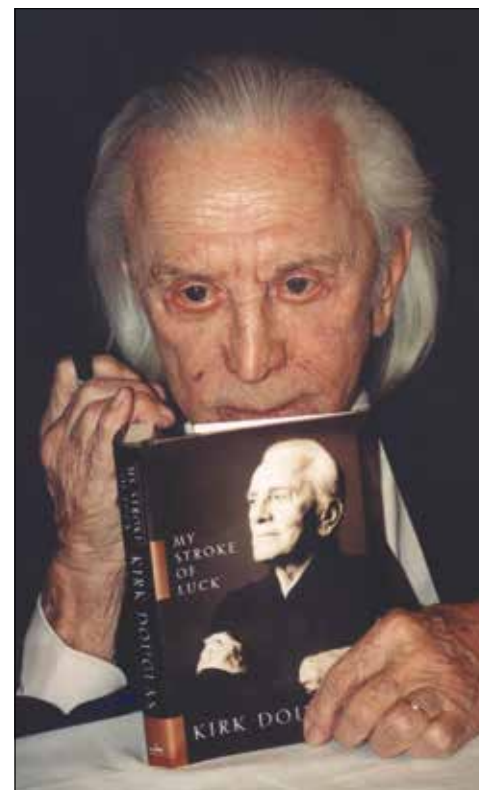
husband in “The Strange Love of Martha Ivers.” Douglas received favourable reviews, but his career wouldn’t really take off until three years and six films later, when he portrayed Midge Kelly, a ferocious and amoral boxer in “Champion.” The performance earned him an Academy Award nomination for best actor.

During the 1950s and ’60s, Douglas ranked consistently as one of Hollywood’s top male stars for his single-minded focus on his craft, while also squeezing in Broadway and television appearances. He was also known for egocentricity in a town with no shortage of oversize egos.

In the 1950s, he starred in 23 movies. He earned best actor Oscar nominations for “The Bad and the Beautiful” and “Lust for Life.” And in 1953, he starred as a Holocaust survivor in “The Juggler,” the first Hollywood feature to be filmed in Israel.

He opened the decade of the 1960s with “Spartacus,” perhaps his most

See Douglas on page 20



Kirk Douglas in 2002 with his book *My Stroke of Luck*.
JOHN MATHEW SMITH

FOUNDATION DONATIONS | Ottawa Jewish Community Foundation

The Board of Directors of the Ottawa Jewish Community Foundation acknowledges with thanks contributions to the following funds as of January 23 to February 5, 2020.

JOIN US IN BUILDING OUR COMMUNITY BY SUPPORTING THESE LOCAL FUNDS

MARY AND ISRAEL (AL) ALLICE MEMORIAL FUND

MAZEL TOV TO:
Max Rosenberg for winning the Grossman Klein Teen Leadership Award by Beverly and Irving Swedko
Bernie Dolansky on his special birthday by Beverly and Irving Swedko

BRAYDEN AND COLE APPOTIVE ENDWOMENT FUND

MAZEL TOV TO:
Beverley and Bryan Glube on the birth of their new granddaughter, Lily Blake by Sharon and David Appotive
Charles and Susan Schwartzman on the birth of their new granddaughter, Ashtyn Della by Sharon and David Appotive

CAYLA AND MICHAEL BAYLIN ENDOWMENT FUND

IN MEMORY OF:
Manny Bernard by Cayla Baylin

JENNIE AND MORRIS BAYLIN ENDOWMENT FUND

IN APPRECIATION OF:
David Smith by Betty Baylin
John Bassi by Betty Baylin

IRVING AND CLAIRE BERCOVITCH ENDOWMENT FUND

MAZEL TOV TO:
Sam Firestone on his special birthday by Claire Bercovitch

CAMP B'NAI BRITH OF OTTAWA SCHOLARSHIP ENDOWMENT FUND

IN MEMORY OF:
Tristan Yehuda Ferreira Meyer by Ian and Melissa Shabinsky and family; and by Scott Graham

NATHAN AND REBA DIENER ENDOWMENT FUND

MAZEL TOV TO:
Beverly and Brian Glube on the birth of their granddaughter, Lily Blake by Barbara and Joel Diener

MARJORIE AND MICHAEL FELDMAN FAMILY FUND

MAZEL TOV TO:
Michael Feldman on his special birthday by Sol and Zelaine Shinder

SAM AND SUSAN FIRESTONE ENDOWMENT FUND

IN MEMORY OF:
Linda Oren by Susan and Sam Firestone

AL AND LISA GARMAN FAMILY FUND

IN MEMORY OF:
Lisa Garman by Peggy Kleinplatz; by Jordan Melzer; and by Lee Shapiro

GILBOA/MAOZ/STEINER FAMILY FUND

MAZEL TOV TO:
Syd Baum on his special birthday by Tal Gilboa and Rob Steiner

STAN AND LIBBY GLUBE FAMILY FUND

MAZEL TOV TO:
Beverley and Bryan Glube on the birth of their new granddaughter, Lily Blake by Susan and Charles Schwartzman

ANN AND LEON GLUZMAN MEMORIAL FUND

IN MEMORY OF:
Manny Bernard by Ingrid Levitz

LINDSAY AND NEIL GOTTHEIL FAMILY FUND

IN APPRECIATION OF:
Kate Bigney-Wilner and Alex Wilner and family for their generous Shabbat hospitality by Lindsay Newman and Ariel and Sadie Gottheil

HILLEL LODGE LEGACY FUND

MAZEL TOV TO:
Sabina Wasserlauf on receiving the Ben Karp Volunteer Service Award by Julie Hay

JEWISH FAMILY SERVICES AGENCY FUND

MAZEL TOV TO:
Jane James on her special birthday by Sandra and Norman Slover
Bernie Dolansky on his special birthday by Sandra and Norman Slover

KRANTZBERG KRANE FAMILY FUND

MAZEL TOV TO:
Susan and Charles Schwartzman on the birth of their new granddaughter, Ashtyn Della by Myra and Sam Krane

ANNICE AND SYDNEY KRONICK FAMILY FUND

IN MEMORY OF:
Manny Bernard by Debi and Neil Zaret

MARCH OF THE LIVING

IN APPRECIATION OF:
Dr. Marty and Mrs. Janice Friedlich for their kindness and professionalism by Steven and Linda Kerzner

RHODA AND JEFFREY MILLER FAMILY FUND

MAZEL TOV TO:
Jonathan Freedman and Aviva Ben Choreen on the engagement of Tal-Or

to Noah by Rhoda and Jeff Miller
Micah and Jessica Garten on the birth of their son, Issie by Rhoda and Jeff Miller
Jozef and Vera Straus on the birth of their new granddaughter by Rhoda and Jeff Miller

IN MEMORY OF:
Irwin Hinberg by Rhoda and Jeff Miller

GERALD AND MARY-BELLE PULVERMACHER FAMILY ENDOWMENT FUND

IN MEMORY OF:
Brenda Green by Mary-Belle and Gerald Pulvermacher

ALTI AND BEREL RODAL FAMILY FUND

IN MEMORY OF:
Donna Klaiman by Berel and Alti Rodal
Irwin Hinberg by Berel and Alti Rodal

BENJAMIN SHAPIRO BAR MITZVAH FUND

MAZEL TOV TO:
Michael Polowin on his special birthday by Nikki, Michael, Neilah and Ben Shapiro

SOL AND ZELAINE SHINDER ENDOWMENT FUND

MAZEL TOV TO:
Sol and Zelaine Shinder on their joint milestones by Jerry and Kinnie Gorelick

STELLA AND LOUIS SLACK MEMORIAL FUND

MAZEL TOV TO:
Linda Mirsky on her special birthday by Myra and Lester Aronson

MAX AND PEARL SMOLKIN FAMILY FUND

IN OBSERVANCE OF THE YAHRZEIT OF:
Max Smolkin by Sheila Smolkin and family

PATRICIA SMOLKIN MEMORIAL FUND

IN MEMORY OF:
Walter Spilg by Nikki, Michael, Neilah and Ben Shapiro
Bernard Waldman by Nikki, Michael, Neilah and Ben Shapiro

SOLOWAY JEWISH COMMUNITY CENTRE ENDOWMENT FUND

MAZEL TOV TO:
Allan Shefrin on becoming Chairman of the Board of the JCC by Steven and Linda Kerzner

DORIS AND RICHARD STERN FAMILY FUND

MAZEL TOV TO:
Jerry White on his special birthday by Doris and Richard Stern

CLAIRE AND SAM TANNER MEMORIAL FUND

REFUAH SHLEMA TO:
Dina Fellen by Lana and Stephen Tanner

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

The future starts with you.

If we don't take care of our future, who will?

When you create a Jewish legacy, you take an important step toward strengthening Jewish life for generations to come.

Planning your gift now will help ensure your grandchildren can enjoy the same rich traditions and closeness of community that have given you so much meaning and purpose.

Contact Micah Garten at 613-798-4696 ext. 270 or email mgarten@jewishottawa.com

OTTAWA JEWISH COMMUNITY FOUNDATION

Douglas: 'Today I am a man,' said actor at second bar mitzvah at age 83



Kirk Douglas poses in 1950.

PHOTOQUEST/GETTY IMAGES

Continued from page 18

enduring movie, in which he played the leader of a slave rebellion in ancient Rome. The film won four Oscars, though none for Douglas.

But Douglas did distinguish himself for insisting that writer Dalton Trumbo, who had been blacklisted as a communist for a decade but continued to write under a pseudonym, be credited onscreen despite dire warnings that such a provocation would end his own Hollywood career. Douglas was honoured for that stance in 2011 by the San Francisco Jewish Film Festival.

With increasing fame and fortune, Douglas showed little interest in Jewish practice, though there were exceptions.

"I always fasted on Yom Kippur," he told a reporter. "I still worked on the movie set, but I fasted. And let me tell you, it's not easy making love to Lana Turner on an empty stomach."

In his later years, Douglas would come to embrace his Jewishness, a shift he dates to a near-fatal collision in 1991 between his helicopter and a stunt plane in which two younger men died. The crash compressed his spine by three inches. While lying in a hospital bed with excruciating back pain, he started pondering the meaning of his life.

"I came to believe that I was spared because I had never come to grips with what it means to be Jewish," he said.

Douglas embarked on an intensive regime of Torah study with a number of young rabbis and celebrated a second bar mitzvah at age 83, telling the Hollywood luminaries crammed into the 200-seat chapel at Sinai Temple for the occasion: "Today, I am a man."

Neither of his two wives – the late actress Diana Dill and Anne Buydens, whom he married in 1954 – were Jewish, and none of his children were raised in the faith. But his oldest son, the actor-director Michael Douglas, has reconnected with Judaism and won the 2015 Genesis Prize, a \$1 million award recognizing Jews of great accomplishment who exhibit Jewish values.

In 2014, at Douglas' 60th wedding anniversary, Buydens startled the guests by announcing that she had converted

to Judaism.

"Kirk has been married to two shik-sas and it's about time he married a nice Jewish girl," she proclaimed.

In 1996, Douglas suffered a stroke that left him speechless. He fell into a deep depression that nearly led him to take his own life.

A few months later, he made his first public appearance to accept the lifetime achievement award.

"Whether he's dealing with a character on screen or with the all-too-real effect of a recent stroke, courage remains Kirk Douglas' personal and professional hallmark," Spielberg said in presenting the award.

Through rigorous speech therapy, Douglas taught himself to speak again – slowly, with a slight slur. He later published a book about the experience titled *My Stroke of Luck*.

Among his other books are *Let's Face It*, which proclaimed that romance begins at 80; *I Am Spartacus!*, focusing on making the film and breaking the blacklist; and *Climbing the Mountain*, which traced his search for spirituality and Jewish identity.

In 2014, at 98, he published his first book of poetry, *Life Could Be Verse*, in which he expressed his enduring love for his wife as well as his heartbreak at the death of his youngest son, Eric, who died of a self-induced drug overdose.

Along with his wife, Douglas has given over \$100 million to charitable causes in the United States and Israel. The couple have established nearly 400 playgrounds in poorer sections of Los Angeles and Jerusalem, an Alzheimer's hospital unit, and a theatre facing the Western Wall featuring films on the history of Judaism and Jerusalem.

In 1981, Douglas received the U.S. Presidential Medal of Freedom, the country's highest civilian award, from then-president Jimmy Carter.

Along with his wife and son Michael, Douglas is survived by sons Peter and Joel Douglas, seven grandchildren – Cameron, Dylan, Carys Zeta, Kelsey, Jason, Tyler and Ryan – and a sister, Ida Sahr of Schenectady, New York.

The Jewish Experience In Canada Today



A free public presentation and discussion panel on the 2018 Survey of Jews in Canada

Wednesday, March 4, 2020
7:30 – 9:30 pm

Soloway JCC, 21 Nadolny Sachs Private, Social Hall A

In 2018 a landmark survey produced the first comprehensive picture of Canada's Jewish population on such issues as identity, practices, values and experiences. This research is based on the 2013 Pew Survey of American Jews, provided the basis for understanding how this country's Jewish community is similar and different.

Join us for a presentation of the research, followed by a panel discussion to consider the significance and implications of the research generally and for the Ottawa community.

Event Host

Rabbi Elizabeth Bolton, Or Haneshamah

Discussion Panel

Rabbi Deborah Zuker, Kehillat Beth Israel Synagogue

Moderator

Joel Westheimer, University of Ottawa

Survey Presentation

Keith Neuman, Environics Institute for Survey Research

Mira Sucharov, Carleton University

Sarah Caspi, Executive Director, Jewish Family Services Ottawa



Contact: Maxine Miska (613) 798-9818 ext. 263, mmiska@jccottawa.com

To advertise in the Ottawa Jewish Bulletin, contact:

EDDIE PELTZMAN

613-798-4696, ext. 256

epeltzman@ottawajewishbulletin.com

Russian comfort food is making a comeback in Israel

BY RACHEL RINGLER

(The Nosh) – On a recent trip to Israel, my husband and I took a taxi to Bat Yam, a workingman’s town located a stone’s throw and a world away from the uber-cool city that is Tel Aviv. We went to eat Russian food in a community filled with immigrants from the former Soviet Union.

My goal? To learn whether the cuisine had moved out of the home and become part of the multifaceted prism that is Israeli food today.

Our food guide was Yan Gitcelter, a chef born in Baku, Azerbaijan, who came to Israel 30 years ago. We met at Yorsh, a small restaurant in which the owner is also the chef.

Gitcelter ordered for us: home-cured herring served with steamed potatoes and fresh dill; pickled cucumbers, cherry tomatoes and cabbage; creamy potato pancakes; and a classic Russian celebratory dish called shuba, constructed of layers of herring, beets and potatoes. A small pine tree, a remnant of Novy God, the Russian secular New Year celebration, twinkled on a counter nearby.

Just over three years ago, Gitcelter and three other immigrants from the former Soviet Union published a cookbook in Hebrew titled *The Russian Jewish Cookbook: Recollections and Recipes of Immigrants from the Former Soviet Union*. The book contains recipes and reminisces of these immigrants before and after their arrival in Israel. More than 7,500 copies of the book have been sold.

“Russian food is entering the main-



Shuba, constructed of layers of herring, beets and potatoes.

stream slowly,” Gitcelter said. “Young people of other backgrounds are beginning to eat it. It’s an attraction. It’s different.”

Novy God is the gateway.

“In the last three years, Novy God has become popular in Israel,” Gitcelter said.

The Israeli media cover the holiday with growing frequency every year.

“Just as Mimouna, the post-Passover celebration of the Moroccan Jews, is now celebrated by all, so too with Novy God,” he said. “And shuba, along with salade Olivier, the Russian potato salad made with carrots, hard-boiled eggs, pickled cucumber and bound with mayonnaise, are staples of a fes-

tive Russian meal.”

Some are dubious as to the future success of Russian food in Israel.

Janna Gur, an Israeli food writer and author of several cookbooks including *The Book of New Israeli Food*, believes that cuisines that have “made it” in Israel come from in and around the Middle East.

“Foods that have become part of the culinary mainstream in Israel fit within the region’s geographical food vibe,” she said. “Think hummus and the Iraqi sandwich sabich.”

Russian food, long equated with Ashkenazi food like chicken soup, chopped liver and gefilte fish, has a bad name, Gur said, because “we eat the immigrant version of it.”

“The flavorful goose fat and wild mushrooms of Eastern Europe are not available in Israel. Ashkenazi food comes from a different climate with different ingredients than what we have here.”

Gur connected me with Sabina Waldman, who, like Gur, was born in Latvia and moved to Israel many years ago. Waldman is a chef, recipe writer, food stylist and culinary instructor. She was able to tick off in rapid succession examples of prominent chefs who are incorporating Russian food in their cuisine.

When noted chef Haim Cohen planned a celebratory menu for the eighth anniversary of his restaurant Yaffo-Tel Aviv, he included a kreplach course – dumplings stuffed with potato, bathed in butter, and topped with a selection of herring, caviar and fish tartar. And at the Danon Culinary Academy, where Waldman teaches, the menu for her students’ final dinner included white borscht, black bread and blintzes for dessert served with a compote of red berries. The meal, which was open to the public, sold out within a day.

Enav Ezagouri, chef at Tel Aviv’s Café Nordoy, considered one of Tel Aviv’s best, recently posted an image on Instagram of a kreplach dish filled with smoked potato and fried onions served in a beef and horseradish consommé. Horseradish? Kreplach? Undoubtedly more Russian than Levantine. Scroll down his Instagram feed and you’ll find his take on Ukrainian vareniki – a dumpling that he stuffed with cheese and topped with caviar.

Our dinner at Yorsh ended with vareniki, which was served that night in a butter sauce and stuffed with sour cherries. Perhaps one day soon we will find it on a menu of one of the hip Israeli chefs with a Middle Eastern twist – the cherries replaced with pomegranate or grapes.



Chabad Student Network: Community Pillars is a Chabad Student Network Ottawa program in which volunteers gather weekly on Monday nights to help feed the homeless by making sandwiches and serving soup to homeless persons on the streets of downtown Ottawa.

(From right) Evening Knecht (program chair), Shaked Karabelnicoff, Rotem Fellus, Adar-Ahron Yariv, Sophie Korda, Maya Lekster and Naomi Abrams.

Temple Israel

An egalitarian Reform congregation

Jewish roots, contemporary values, egalitarian

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

Happy Purim!



President: Margot Montgomery
Sr. Rabbi: Daniel Mikelberg
Rabbi Emeritus: Steven H. Garten

Executive Director: Heather Cohen
Administrative Officer: Cathy Loves
Religious School Principal: Sue Potechin

1301 Prince of Wales Drive,
Ottawa, ON K2C 1N2

Tel: 613-224-1802
Fax: 613-224-0707

www.templeisraelottawa.ca

Temple Israel



Jewish Life Happens Here

Meet Lior Schleien, Israel's Jon Stewart

BY BEN SALES

(JTA) – Following the 2018 Pittsburgh synagogue shooting, Israeli TV satirist Lior Schleien had to put on a comedy show.

He acknowledged that there was “nothing funny” about the shooting, in which a gunman killed 11 Jews at prayer at a Conservative synagogue in the most deadly attack ever on an American Jewish institution.

But what was funny to Schleien? Israeli Diaspora Minister Naftali Bennett’s comments outside the synagogue at the time.

“A Jew is a Jew is a Jew and we embrace them all,” Bennett told an Israeli reporter in a video clip that Schleien ran on his show. “Every Jew in the world is welcome and loved.”

Schleien pointed out that Bennett is an ally to many Israeli politicians who have built careers denigrating non-Orthodox Jews.

“Uhhh, no,” Schleien said. “Every Jew in the world is welcome and loved’ is a message I saw in a restaurant in a fortune cookie once. But it’s not the message of the current Israeli government.”

He then rattled off a stream of video clips showing Bennett’s allies saying insulting things about non-Orthodox Jews, calling them “fakers of Judaism,” “the toughest problem hurting the Jewish people,” and “not a Jewish religion.”

“Except for the 11 Conservative Jews in Pittsburgh,” Schleien cut in. “They have been promoted to the rank of ‘Jew’ – posthumously.”

A liberal white Jewish satirist plays clips of right-wing politicians saying outrageous things and then deadpans at the camera. Sound familiar?

For the past decade, Schleien has been the host of the twice-weekly show “Gav HaUma” (literally, the back of the nation), the closest thing Israel has to the American comedy program “The Daily Show.”

Schleien has become a kind of Israeli Jon Stewart – a thorn in the side of Israeli Prime Minister Benjamin Netanyahu and a voice for the country’s



Lior Schleien, shown here in a 2018 segment, is the host of the Israeli satirical show “Gav HaUma.”

secular liberals.

Like Stewart, Schleien has been accused of promoting a liberal agenda. And like Stewart (who left “The Daily Show” in 2015 after 16 years as host), Schleien has responded that his primary goal is creating good comedy – whether at Netanyahu’s expense or anyone else’s.

“I have one job: to give my opinion in the most interesting and funny and intellectual way that I can,” Schleien told JTA. “We don’t go into the staff meeting and say, ‘How are we taking Bibi down?’”

Schleien, 41, was raised in the liberal mecca of Tel Aviv. After earning an advanced degree in law, he got his start in comedy in 2002 as a satirist on Yair Lapid’s news program. (Lapid, a former news anchor, is now a prominent Knesset member.) Schleien counts Stewart, Stephen Colbert and David Letterman

among his influences.

On his show, Schleien invariably wears a shiny black button down shirt, his red hair either close-cropped or in a mini Jewfro. He is surrounded by four panelists – comedians, pundits, and recently, the award-winning dramatic actor Lior Ashkenazi – who mostly riff on the issues of the day or do a group interview with a public figure.

Each show ends with Schleien doing a monologue that is especially Stewart-esque. One of his favourite moves is to show a politician saying something foolish or hypocritical and then stare deadpan at the camera as the audience laughs. The show has begun posting some of his monologues with English subtitles to reach Israelis in North America.

“Our most effective tool is video clips, where I show that Yair Lapid says one thing, and here Yair Lapid says the opposite,” Schleien said. “Benny Gantz says something and it’s completely wrong. Here, Bibi says something, and then look, in English, he says the opposite and he lies. So that makes the job easier.”

The acrimony is mutual. In 2017, Prime Minister Benjamin Netanyahu accused Schleien and other journalists of trying to “undemocratically overturn the government.” But Schleien says he is almost as frustrated by Netanyahu’s opponents as he is by the prime minister himself. A recent segment mocked Gantz, Netanyahu’s main rival, for confusing the terms “Dominican Republic”

and “banana republic.”

Schleien especially enjoys mocking Lapid, his former boss. He loves to show an old photo of Lapid looking more like a sultry model than a government minister, as well as a clip of the avowedly secular politician dancing with Orthodox Jews at the Western Wall.

“They obfuscate and suck up and kneel down to the settlers and the right-wing religious population and the haredi Orthodox population,” he told JTA, referring to Israel’s centre-left opposition. “The [opposition] leadership is supposed to oppose those things, and Yair Lapid is the symbol of that weakness and opportunism. He’s a wuss against those forces.”

Schleien regularly savages the left despite being intimately connected to one of its most prominent leaders. Meirav Michaeli, a onetime columnist for the liberal daily Haaretz and former panelist on “Gav HaUma,” is now a senior Labor Party lawmaker – and Schleien’s longtime romantic partner.

Schleien says he and Michaeli have erected a “Great Wall of China” between their personal and professional lives – and noted that their relationship predates her political career. When Michaeli appeared on the show in 2016 after Labor’s election loss, panelists tore into her. She still will appear on the occasional episode of the show.

“I love her, I don’t agree with everything she believes,” Schleien said. “We have other things to talk about besides my show.”

Naturally, many of Schleien’s segments focus on the prime minister. He has made incessant fun of Netanyahu’s demonization of the press, his showmanship, and his alleged corruption. The mocking extends to Netanyahu’s wife, Sara, who is often portrayed as self-absorbed, materialistic and aggressive toward her husband.

“We don’t hate Bibi,” Schleien said during a characteristic bit. “We don’t just criticize him, embitter his life, needle him incessantly, give him no rest. We do all of that out of love. Just like Sara.”

But while Schleien says his top priority is comedy, he is sincerely worried that Israel’s secular, liberal, democratic values are collapsing in the face of a “messianic” religious right-wing. He called U.S. President Donald Trump “a good student of Bibi” for his demonization of the press.

“There are no more obstacles,” he said of Netanyahu. “Everything is on the table. He attacks journalists personally, he calls for the boycott of TV channels. It’s getting worse and worse.”

He stopped himself.

“As a citizen, I’d say it’s getting worse,” he said. “But as a satirist, I’d say it’s getting more ridiculous.”

 **Hulse, Playfair
& McGarry** 
FUNERAL SERVICES

Serving your community since 1925

613-233-1143 www.hpmcgarry.ca

Click and stay connected with us





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

613-728-3990

Your donation to the Lodge assists in providing high quality care for our Jewish elderly.

Card Donations

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

On behalf of the residents and their families, we extend sincere appreciation to the following individuals and families who made card donations to the Hillel Lodge Long-Term Care Foundation **between January 22 to February 4, 2020 inclusive.**

HONOUR FUNDS

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

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

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

Bill and Leona Adler Memorial Fund

In Memory of:
David Shoihet by Marilyn Adler
Theresa Yantha by Marilyn Adler and Neil and Daniel Blacher

In Observance of the Yahrzeit of:

Lillian Kimmel by Dave, Elayne (Adler), Jordan and Benjamin

Boris and Dolly Blacher Family Fund

In Honour of:
Irving Osterer Mazel Tov on your retirement by Marilyn Adler and Neil and Daniel Blacher

In Memory of:
"Birdie" Lubert by The Blacher Family

Jenny and Murray Citron Family Fund

In Memory of:
David Shoihet by Murray Citron

Neil Gluck Memorial Fund

In Honour of:
Richard Nesbitt Mazel Tov on your promotion by Julia Gluck and Ted Overton

Evelyn and Isadore Hoffman Family Fund

In Honour of:
Donald Whittemore Wishing you all the best on your Birthday by Issie and Evelyn Hoffman

Morris and Lillian Kimmel Family Fund

In Memory of:
Irwin Hinberg by Janet and Stephen Kaiman
In Honour of:
Stephen Bobkin Mazel Tov on your retirement by Brenda, Nathan, Jesse and Daniel Levine
Belinda and Brian Keshen Mazel Tov on the birth of your grandson by Brenda, Nathan, Jesse and Daniel Levine

Norm and Gert Leyton Family Fund

In Memory of:
Bernice Seward by Cheryl Leyton

Ken and Leah Miller Family Fund

In Honour of:
Bernard Breslow Happy 100th Birthday by Ken and Leah Miller
Annie Breslow Wishing you all the best on your Birthday by Ken and Leah Miller

Ratner/Levine Family Fund

In Honour of:
Samantha Freedman Mazel Tov and best wishes on your Birthday by Rhonda Levine
Allison Geffen Mazel Tov and best wishes on your Birthday by Rhonda Levine

In Memory of:
Walter Spilg by Danny and Rhonda Levine
Tristan Meyer by Danny and Rhonda Levine

Sonia Rawicki Agulnik Music Therapy Fund

In Honour of:
Adam Agulnik and Paula and Manny Agulnik Mazel Tov on Eden's Bat Mitzvah by Yanda and Mark Max

The Sternberg / Jacobsen Family Fund

In Memory of:
Lisa Garman by Laya and Howard Kaplan

Ethel and Irving Taylor Family Fund

In Memory of:
Manny Bernard by Brent and Risa Taylor

Elaine, Donald and Amanda Whittemore Family Fund

In Honour of:
Donald Whittemore Wishing you a Happy 93rd Birthday from your friends

Feeding Program

In Memory of:
Donna Klaiman by Roz and Steve Fremeth
Corinne Levine by Barbara Levinson
Arnold Garber by Susan and Charles Schwartzman

In Honour of:
Marcia and Stephen Aronson Mazel Tov on the birth of your granddaughter by Ruth Poplove and Carol and Laurie Pascoe
Susan and Charles Schwartzman Mazel Tov on the birth of your granddaughter by Marilyn and David Akman and Joy and Seymour Mender and family,
Bev and Bryan Glube Mazel Tov on the birth of your granddaughter Lily by Joy and Seymour Mender and family

Facilities Program

In Memory of:
Arnold Garber by Debbie and Jim Farrow

Recreation Program

R'Fuah Shlema:
Marty Cardash by Sandy Shaver

In Memory of:
David Shoihet by Gad Zarecki

In Memory of:
Rose Kostiner by Anna Bilsky
Manny Bernard by Bill and Jane James and Beverly Friedman
Irwin Hinberg by the Hillel Lodge Foundation
David Shoihet by the residents, staff and Boards of the Lodge and LTC Foundation
Donna Klaiman by Peggy Kleinplatz

In Honour of:
Carl and Lorna Raskin and Alec and Barbara Okun Many thanks for your hospitality and friendship by Joni and Chummus Spunt

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

"GIVING IS RECEIVING" – ATTRACTIVE CARDS AVAILABLE FOR ALL OCCASIONS

Here's a great opportunity to recognize an event or convey the appropriate sentiment to someone important to you and at the same time support the Lodge. Call orders may be given to Cathie at 728-3990, 7:30 a.m. – 3:30 p.m. Monday to Friday. You may also go to: www.hillel-ltc.com and click on the "Donate Now" button to make your donations. Cards may be paid for by Visa or Mastercard. Contributions are tax deductible.

ELEVATED HOMEINSPECTION



ELEVATED HOME INSPECTION

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

February Home Inspection Tip:

Repair wobbly or loose toilets. They can break the wax seal at their base, leading to major water damage to the floor and finishes below.

Visit us on the web
www.elevatedhomeinspection.ca



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

Grossman biography is also a narrative on Soviet history

MURRAY CITRON
BOOK REVIEW

Vasily Grossman and the Soviet Century

By Alexandra Popoff
Yale University Press
395 pages

Early in the Soviet era, Joseph Stalin raised a glass to writers as “engineers of the human soul.” It was up to the writers to understand the obligation to the state that such praise carried, especially if they were Jewish and didn’t drink so much.

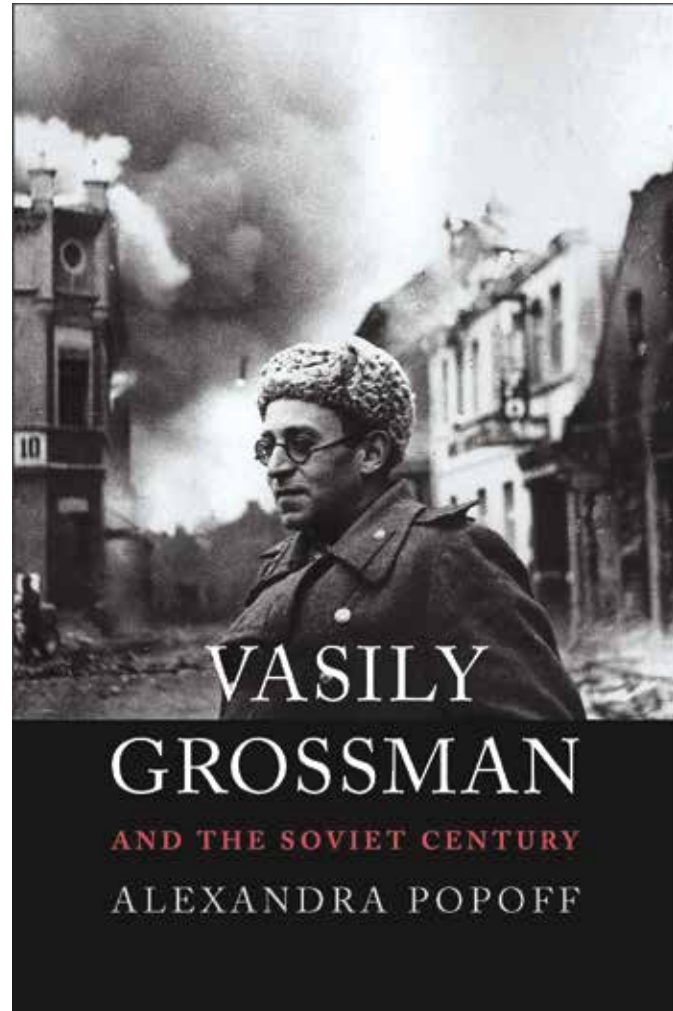
Vasily Grossman was born in 1905 in Berdichev, Ukraine, the home of one of the largest Jewish communities in eastern Europe. The family was assimilated and comparatively well-to-do. Grossman became a chemical engineer and worked for some time as an engineer in the Donbass, while also writing. In 1936 he became a full-time writer.

He was a successful novelist by the time Germany attacked Russia, in 1941. For health reasons, he was not suited for military service, but became a war

Popoff’s book, besides being a life story of Grossman, is a lucid narrative of those events, and of how they informed Grossman’s work. The work includes, of course, much besides Life and Fate. There are a number of other novels, short stories and reportage.

correspondent. He reported from the fronts during the terrible retreats of 1941 and 1942, and from Stalingrad during the siege. His great novel, *Life and Fate*, which is described as a “Soviet-era *War and Peace*,” is set during the Battle of Stalingrad. Grossman died of stomach cancer in 1964.

Alexandra Popoff, who was born and raised in Moscow, is a former journalist with expertise in Russian literature. She now lives in Saskatoon and has published previous prize-winning books. For



social structures and state systems. Tell me what you accuse the Jews of – I’ll tell you what you’re guilty of.” Popoff notes that when a shortened version of the novel was first published in the Soviet Union, in 1988, this chapter was cut.

Another theme in *Life and Fate* is the similarities between the totalitarian systems under fascism and Bolshevism. Timothy Snyder, in his history, *Bloodlands: Europe Between Hitler and Stalin*, cites Grossman as an authority. Popoff tells how the book was suppressed, and the manuscript in fact arrested, by the secret police. She also tells of Grossman writing to Nikita Khrushchev to plead for publication. He was allowed a meeting with Mikhail Suslov, the ideologist of

this biography, she was able to interview Grossman’s daughter and other relatives, and others who knew him, and was allowed to use their archives, including many letters, as well as Soviet-era state archives which have become available.

I was able to read *Life and Fate*, and Popoff’s biography, at the same time, so I had them in counterpoint. Grossman was witness to the violence of collectivization in the 1920s, the terror of the purges in the 1930s, and the bungling and lack of preparation for war in 1941, as well as the suffering and struggle of the people and soldiers that enabled the Soviet state to win. Popoff’s book, besides being a life story of Grossman, is a lucid narrative of those events, and of how they informed Grossman’s work. The work includes, of course, much besides *Life and Fate*. There are a number of other novels, short stories and reportage.

Grossman, travelling with the Soviet forces, was among the first to see Treblinka. His essay, “The Hell of Treblinka,” is in *The Black Book of Russian Jewry*, edited by Grossman and Ilya Ehrenburg, which was suppressed by Stalin and published years later. *The Black Book* contains also Grossman’s report on the murder of the Jews in Berdichev, his home town, where his mother was trapped when the Germans came.

A theme in *Life and Fate* is antisemitism in the Soviet state. In an essay about half-way through the novel, Grossman wrote: “Antisemitism... is a mirror for the failings of individuals,

the Politburo, who told him the novel could not be published in the Soviet Union for 200 years. He was not saying the novel was false, but that its truth threatened the regime’s existence. Part of the story Popoff tells is how a manuscript was smuggled to the west and published there. Ultimately, the book was published in Russia under Mikhail Gorbachev, long after Grossman’s death.

The event that has been called “Stalin’s last crime” came in January, 1953. Nine leading doctors, six of them Jewish, were arrested and accused of being a terrorist group controlled by the American Jewish Joint Distribution Committee, and plotting to murder the leadership of the Soviet Union, including Stalin. Bulletins appeared daily in the press denouncing the doctors. In late January, 57 prominent Jews, including Grossman, were summoned to the office of Pravda and presented with a letter denouncing the doctors. Grossman yielded to the pressure and signed it. The letter was never published. Stalin died in March, and in April his successors announced that the “Doctors’ Plot” was false.

Popoff writes, “Although the open letter was never published, Grossman did not forgive himself for acting against his conscience.” She quotes the passage in *Life and Fate* in which Victor Shtrum, the character whose life experiences are similar to Grossman’s, signs a similar letter. In the novel, Grossman speculates on how people can be made to do such things.

CAMP RAMAH IN CANADA
ENDURING FRIENDSHIPS, VALUES, AND COMMUNITY

Spots available!
SECOND SESSION
GRADES 3-8
JULY 20-AUGUST 13

REGISTER TODAY!
VISIT CAMPRAMAH.COM
FOR MORE DATES & RATES

OUR SECOND SESSION INCLUDES EXCITING **RAMAH TECHNY STEAM CAMP!**

Questions?
Call 416.789.2193
Email info@campramah.com

Inclusion – Make the day sparkle for exceptional parents and kids

I have a confession to make. *Parshiot* (Torah portions) that reference technical details such as those related to the *Mishkan* (Tabernacle), priestly clothing, and *korbanot* (Biblical sacrifice) are not usually among my favourites. Never mind trying to draw parallels to parenting! And yet, it is so appropriate that Parsha Terumah concludes February's Jewish Disability Awareness, Acceptance and Inclusion Month.

In Terumah, we receive detailed descriptions of how the Mishkan should be built. These are specific instructions intended to create a physical space for holiness. The purpose for which the Mishkan is built – to create a space in which God can dwell amidst us – is the essence of the building. The technical specifications are important but they are supporting characters to the true objective of giving something ethereal and holy a physical space and presence.

My observation is that we may sometimes take the opposite approach when it comes to inclusion. We focus on structures that may facilitate inclusion but not always with a mindset of truly wanting to do what it takes to be inclusive. Structures and actions can represent our faith, gratitude and spirituality. But like an accessible ramp that goes unplowed after a huge snowfall, it takes a legitimate desire to consider other people's lived experiences to actually make that ramp a useable tool and an authentic metaphor for inclusion.

"I couldn't do what you're doing." I'm quite sure that every parent who has had the privilege of parenting a child with exceptionalities has heard this at least



JEN PERZOW
**MODERN
MISHPOCHA**

Parents of kids with exceptionalities didn't get to stay after school for advanced classes in parenting. Neither they nor their children were consulted first and asked whether or not they were up for the task.

once from a well-meaning friend or family member. The truth, though, is of course they would. Parents of kids with exceptionalities didn't get to stay after school for advanced classes in parenting. Neither they nor their children were consulted first and asked whether or not they were up for the task. For the most part, they got thrown into situations without the knowledge or skills to be able to handle difficult situations. And then they adapted. Like so much in life, inclusion is fundamentally about attitude. As a friend so aptly said, it's about adopting a *problem-solving* as opposed to a *problem-finding* mindset.

Exceptionalities bring with them their own adventures. Living with them and parenting kids who have them can be isolating and frustrating and we tend not to speak openly about our challenges and successes. How incredibly fortunate we are to have JOIN, the Jewish Ottawa Inclusion Network, as a resource for parents supporting kids with exceptionalities and to offer consultative coaching to institutions that are trying to do better.

You know what is really going to make the day sparkle for one of our fellow exceptional parents? When things go as they are supposed to. When they can park in the accessible spot at school because other people who don't have accessibility needs have been mindful not to park there. When they can get in and out of buildings with ease. When their children can participate in class because thoughtful and appropriate accommodations have been made.

The millions of details that we mostly take for granted every day: I know these can seem like little things and sometimes we get tired of people pointing them out time and time again. But they are so much more than that. They are representations of authentic inclusivity.

When those things go right it's like a ray of sunshine. It is building something holy into our everyday experiences.

Have questions about JOIN? Would you like to be included in their Parent Support Group? Please don't be shy. Reach out via their Facebook page or send an email to maddy128@hotmail.com.

Give the gift that lasts all year!

A mail subscription to the Ottawa Jewish Bulletin



Maybe you or a friend or relative live outside the Ottawa area. Perhaps someone you know has moved away.

A great way to stay up-to-date with news back home is a mail subscription to the Bulletin.

**\$36 per year in Ottawa
\$40 per year rest of Canada.**

For credit card orders please call
613-798-4696 x 256

Celebrate the Holidays

For a limited time, get **33% off** the regular price of your Passover greeting, and get colour for **FREE** as a bonus! Greetings will be published in our April 6, 2020 issue.

Choose from one of these options. Messages are interchangeable, or can be customized. Ads will be in colour. Cost: \$40 (incl. HST)

Option 1.



Warm wishes to you and your family for a Happy Passover
Family Names

Option 2.



Passover greetings
Family Names

Option 3.



From our family to yours, best wishes for a Happy Passover.
Family Names

Option 4.



Best wishes for happiness, peace and joy at Passover
Family Names

Greetings must be prepaid by VISA or MasterCard, and **must be booked before March 4, 2020**. Phone orders will be taken by Eddie Peltzman at 613-798-4696, ext. 256. or by e-mail at epeltzman@ottawajewishbulletin.com

The Trump peace plan: Deal of the century?

Let us put aside any thoughts about the optics of an indicted prime minister standing for election, and an impeached president who is preparing for an election campaign, announcing the “deal of the century.” If this a deal, it is hard to imagine it being successful. All indications are that it was not negotiated by both sides. Usually the word ‘deal’ suggests agreement by the parties involved. So let’s change the terminology and reframe this for what it is: a possible starting point for negotiations. Whether it is an actual starting point, however, is completely dependent on one’s perspective.

If I am an Israeli yearning for the annexation of the West Bank and a demilitarized, neutered Palestinian “homeland” that reflects my fundamentalist reading of the Balfour Declaration, this is indeed the “deal of the century.” No need for further negotiations. I am happy.

If I am a Palestinian nationalist yearning for a state in which my destiny can be honed and crafted, this document gives me very little hope for a negotiated settlement. The boundaries are convoluted, the access to water and arable land is minimal. The document seems to respond to all of Israel’s legitimate security needs and none of my political aspirations. This feels less like a deal and more like a humiliating ratification of the status quo. I am not happy.

If I am representing the Sunni Arab states in the Middle East, the boundaries proposed for Israel might seem to marginalize the proxy armies of Shia Iran. They would be surrounded by Israeli and Egyptian military installations with little access to the sea or air. My public enthusiasm for the ‘deal’ may be a sad commentary about my relationship with my Palestinian



RABBI STEVEN H. GARTEN
A VIEW FROM THE BLEACHERS

cousins. It may even seem as if I have sold them out for expediency and Trump dollars. But I am very, very happy.

If I am a North American Jew worried about the ever weakening relationship between Israel and the Diaspora, this document is worrisome. A recent poll conducted by the Ruderman Family Foundation found that 25 per cent of American Jews want to see a safe, secure, democratic Israel living side by side with a democratic Palestinian state. This document does not speak to that reality. In addition, we noted that the perceived mistreatment of Palestinian rights by the Israeli government reflects in our support for Israel. We continually express our desire for both parties to be treated with respect and with actions that reflect the universal values that we associate with Judaism. While it is true that a significant segment of religious Jews in North America prioritize particularism over universalism, they are not yet the majority. For most of us, the Trump ‘deal’ relegates the Palestinians to a ghetto. It is all too reminiscent of what was done to us.

As a North American Jew already wary of Israeli intentions in the West Bank, the Israeli prime minister’s announcement of immediate annexation was

confirmation of our worst fears. Even though both the White House and the Israeli government walked back from their annexation talk, the intent was obvious. For me, this ‘deal’ is not an expression of hope. In fact, it will be another wedge between me and my neighbours. Support for BDS will potentially increase and leftist political parties/politicians in the United States, Canada, Britain, France and elsewhere will use this ‘deal’ as a means of bludgeoning Israel. So I am not happy.

If I am a student of history, I can see that the pattern begun in 1915 continues. The internal political needs of third parties lead them to interfere in the difficult process of nation building for two peoples struggling to actualize their aspirations. The list of failed third party attempts to impose settlements is quite long. So this ‘deal’ is just another failed attempt by outsiders to impose solutions to the Israel/Palestinian issue. I am also reminded that Egypt and Israel came to a peace treaty without outside interference, likewise Jordan and Israel.

So, as a historian, I feel vindicated.

The list of players goes on endlessly. As an Iranian, I am ecstatic about the way the document treats my Muslim co-religionists and gives me a bully pulpit from which to berate the West. As a right-wing American Christian, I am joyfully anticipating the rapture. As a liberal Christian, I am happily outraged by the continued public victimization of Palestinians.

Ultimately, most disappointed by the document are those of us yearning for an unencumbered opportunity for Israelis and Palestinians to show their united desire for a lasting peace. But once again, it seems, we’ve been sold down the river on a barge of political expediency.

WHAT'S GOING ON | February 24 to March 8, 2020

FOR MORE CALENDAR LISTINGS, OR TO SUBMIT EVENT LISTINGS, VISIT WWW.JEWISHOTTAWA.COM/COMMUNITY-CALENDAR

ONGOING EVENTS

Connecting to Hashem Meaningfully Through Hebrew Prayers

7 - 9 pm, weekly on Mondays until April 27, 2020, Congregation Machzikei Hadas, 2310 Virginia Dr.,

Contact: Ilana Sultan-Benzaquen
613-523-0279, helene.ilana@gmail.com
Learn the meaning behind prayers and how to work through your connection to Hashem. Discover the *Lashon Hakodesh* (Holy Language of Hebrew) from the prism of your prayer book.

Judaism's Gifts To The World – New Course with Rabbi Blum

7 - 8:30 pm, weekly on Tuesdays until March 3, 2020, Ottawa Torah Centre 111 Lamplighters Dr.

Contact: 613-843-7770
rabi@theotc.org
Cost: \$90. Modern society still grapples with the big moral issues. Join us to unpack six of the world's most cherished values and how they were delivered to humankind by the Torah.

Motzei Shabbat Video Torah Lecture

7 - 8:30 pm, weekly on Saturdays until April 25, 2020, 1724 Kilborn Ave.
Contact: Elie Benzaquen, 343-882-3702
eliebenz@gmail.com
Join us every Motzei Shabbat for a video Torah Lecture presented by top English speakers in the Jewish world, followed by open Q & A. For men and women. Please text each week to confirm attendance.

Kol Miriam Choir New Season

7 - 8:30 pm, weekly on Tuesdays until June 9, 2020, Hillel Lodge, 10 Nadolny Sacks Pvt.
Contact: Katherine Moss, 613-276-6289
katherine.moss@sympatico.ca
A diverse group of women united by a love of music, singing together and being Jewish. Focusing on a variety of music

from traditional to contemporary. The ability to read music is not essential. A willingness to learn and participate in a shared choral and social experience is. We look forward to greeting new friends.

FRIDAY, FEBRUARY 28

TOTally Shabbat

5:30 - 6:30 pm, monthly on the 4th Friday until June 26, 2020, Temple Israel 1301 Prince of Wales Dr.

613-224-3133
tirs@templeisraelottawa.ca
<http://templeisraelottawa.ca/totally-shabbat/>
Contact: Sue Potechin, 613-864-8156
tirs@templeisraelottawa.ca
Multigenerational program for families with children under 6. Music, movement and stories with Rabbi Mikelberg and Morah Sue. Enjoy our many holiday and Shabbat themes from 5:30 - 6:00 pm followed by a pasta or pizza dinner. Families are welcome to stay for the Kabbalat Shabbat service beginning at 6:30 pm.

WEDNESDAY, MARCH 4

Glebe Shul Hamantash Bake

7:30 - 9:30, The Glebe shul, 302 Fifth Ave.
Contact: Pessie Gewirtzman, 819-744-0261
glebeshul@jetottawa.com
Cost: \$10. Bring a friend and join us for the Great Hamantash Bake at the Glebe Shul! We will be baking Hamantashen for you and friends to enjoy!

The Jewish Experience in Canada Today

7:30 - 9:30 pm
Contact: Maxine Miska, 613-798-9818 ext 263
mmiska@jccottawa.com
This event features a presentation of the research made for a landmark 2018

survey of Canada's Jewish population, followed by a panel discussion to consider the significance and implications of the research generally and for the Ottawa community. Sponsor: Soloway Jewish Community Centre, Or Haneshamah

FRIDAY, MARCH 6

Jbaby Oneg Shabbat at Hillel Lodge

10:30 - 11:00 am, Hillel Lodge, 10 Nadolny Sacks Pvt.
Contact: Ranit Braun, 613-400-3430
jyg@templeisraelottawa.com
Bring your little one for playtime and Shabbat songs with the residents at Hillel Lodge.

SATURDAY, MARCH 7

International Women's Day Celebration Party

7 - 11:55 pm
Contact: Hen Amiel Tomer
Israeliwomeninottawa@gmail.com
Cost: \$50, all inclusive. First annual party bringing together Jewish women of the Ottawa community. This is a grassroots initiative by a small group of dedicated Israeli women in Ottawa who want to celebrate the wonderful Jewish women of our community. An Israeli style evening including dancing, delicious Israeli food, drinks and excellent entertainment!

SUNDAY, MARCH 8

JCC Purim carnival

10 - 12 pm
Contact: Gail Lieff, 613-798-9818 ext. 303
glieff@jccottawa.com
Cost: \$5 per child, children under 2 free. Come in costume, join us for some fun carnival games, face painting, crafts, obstacle courses and moon bounce castles and refreshments of juice and hamentashen will be served. Children under 10 must be supervised by an adult.

COMING EVENTS

MONDAY, MARCH 9

KBI Purim on Broadway Family Matinée

5:45 - 7:15, Kehillat Beth Israel 1400 Coldrey Ave.
Contact: info@kehillatbethisrael.com
Bring your family to enjoy dinner, a Megillah Experience and Broadway Dance Workshop. Early Bird Price \$18 per adult and \$60 per family

KBI Purim on Broadway

7 - 10 pm, Kehillat Beth Israel 1400 Coldrey Ave.
Contact: info@kehillatbethisrael.com
Join us for a Megillah Reading, New York Style Dinner and Broadway Revue. Early Bird Price \$36 per adult and \$20 for students and under 12.

Teen Purim Party

6:30 - 8:45 pm, Brass Monkey, 250 Greenbank Rd.
Contact: Rabbi Dave Rotenberg, 613-889-3283
rabbidave@ncsy.ca
Free teen Purim party presented by JOY, a partnership of Ottawa's Jewish youth movements. Open to Grade 8 and up, pool, food, mocktails, prizes, and Megillah reading. Win a pair of AirPods!

For more Purim events, please visit

<https://jewishottawa.com/our-community/purim-2020>

CANDLE LIGHTING BEFORE

FRIDAY, FEBRUARY 28	5:30 PM
FRIDAY, MARCH 6	5:39 PM
FRIDAY, MARCH 13	6:49 PM
FRIDAY, MARCH 20	6:58 PM

BULLETIN DEADLINES

FOR ISSUE	DEADLINE
MARCH 23	MARCH 4
APRIL 6	MARCH 16
APRIL 27	APRIL 1

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:

Irwin Hinberg
Anna (Chana) Litwin
David Shoihet

*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.

OUR SERVICE DEPARTMENT IS NOW OPEN!

Jaguar Hunt Club



The Mark Motors Group is excited to announce the opening of their new Jaguar dealership in West Ottawa! Construction of the Showroom and Sales Department is underway and opening soon. However, the Service Department is open for business and now welcoming all current Jaguar owners for vehicle maintenance and repair. Follow the new Jaguar Hunt Club on social media or visit our website for contact information, updates and any news we have to share.

Jaguar Hunt Club, part of the Mark Motors Group.

Jaguar Hunt Club, 295 West Hunt Club Road, Nepean, K2E 1A6, Canada
613-727-5577 jaguarhuntclub.ca

THE ART OF PERFORMANCE