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Students show courage in face of anti-Israel votes

What would you do if someone called you 'a f---ing Jew'? asks **Pauline Colwin.**

Great, just what I want to see, a f---ing Jew." These ugly, hate-filled words were said recently to Eyal Podolsky, a Jewish University of Ottawa student, as he walked on campus. Podolsky is a well-known youth leader. In 2017, he won the prestigious Jewish Federation of Ottawa's Student Award for "demonstrating leadership and outstanding commitment to the Ottawa Jewish community."

He is now president of Hillel Ottawa, a culture club that supports and celebrates Jewish life for university students. He shared his story of the racist slur last month at the Student Federation of the University of Ottawa's (SFUO) General Assembly, prior to a vote on a motion to advance the anti-Israel Boycott Divestment and Sanctions (BDS) movement on campus.

BDS, as described by the Federation's advocacy partner, the Centre for Israel and Jewish Affairs (CIJA), "seeks to delegitimize and isolate Israel, while promoting the false idea that Israel is solely responsible for the Arab-Israeli conflict and, in turn, pushes for a boycott of the only liberal democracy in the Middle East while exempting the world's worst human rights violators from such attention.

"BDS is an assault on all Israelis – including Israelis who are staunch peace activists."

By targeting all Israelis, and the only Jewish state, BDS is a form of discrimination. Many BDS activists even openly declare that their goal is the destruction of the state of Israel. As for BDS on Canadian campuses, this is an attempt to import the Middle East conflict into Canada by illegitimately targeting businesses, universities and civil society institutions. All these elements show that BDS is at odds with Canadian values and falls outside the genuine peace movement that emphasizes fairness and mutual responsibilities.

It was in this climate, in **See BDS on page 2**



Soloway Jewish Community Centre trainer Ryan Armitage, centre, has been featured in several news articles about his work with special needs clients like John Woodhouse, left, and Peter Verbruggen, right.

Meet the trainer who helps people achieve 'miracles after miracles'

Ryan Armitage finds his clients 'all have the fire'

It's been eight years since Tim Fauquier rolled his wheelchair up to trainer Ryan Armitage in a hallway outside the Soloway Jewish Community Centre's gym, tapped him lightly on his side, and asked if he could help him develop some grip strength.

Armitage was taken by surprise. He looked down at the diminutive Fauquier, then 65. His fragile body was curled up in a wheelchair. He had been struck by Guillain-Barre syn-

drome several years earlier. He weighed just 80 pounds and was weak and emaciated. He had been told he'd never walk again.

Armitage, just 25 at the time, wasn't sure what to do. Until then, he had worked only with healthy gym-goers. But he bent over, gently lifted Fauquier out of his wheelchair and put him on a rowing machine in the centre's weight room, where he was just able to hold onto the handles of the rower and pull

a bit.

It's an understatement to say that encounter changed Fauquier's life. Eight years later, he still works out with Armitage three times a week. At 73, he can walk again and he drives his own car.

But that encounter changed Armitage's life and the scope of work done at the SJCC as well. Ottawa Jewish Bulletin caught up with him in a rare moment between classes and clients.

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BDS: 'Too much time and energy'

Continued from page 1

front of room packed for the GA, that Podolsky stood alone at the mic trying to express how BDS breeds a negative atmosphere on campus for Jewish students.

As he spoke, another student rose and rushed forward. Ignoring the rules of the GA process, and deaf to Podolsky's personal experience, the student dismissed the evidence of anti-Semitism and repeated the SFUO stance that "BDS is not anti-Jewish."

For Podolsky, this was nothing new. In fact, this was what he was trying to explain: how BDS can create an atmosphere where some Jews are made to feel unwelcome, where they have to fight to keep their clubs, and where open, peaceful dialogue is shut down. But Podolsky would not be silenced. He is a young man brimming with moral courage. He stood his ground.

"Well, of course I knew the other student was there, but I shut him out. I just kept focused."

The BDS vote was rejected at the GA, failing to get the required two-thirds majority. Just two weeks later, the SFUO brought BDS back to the table for yet another vote. It was defeated again.

This was the third attempt in the past

'Our goal is to ensure Jewish students feel safe, supported, and have a place to be themselves,' says Dovi Chein.

six months to get BDS implemented at U of O. Earlier in the fall, the SFUO also tried to de-ratify Hillel Ottawa and the Israel Awareness Committee, a student-led Israel advocacy group. The clubs were eventually reinstated.

On the surface, it seemed against all odds that a BDS motion would not get passed, considering the SFUO executives' very clear and openly stated BDS agenda.

However, student leaders like Podolsky organized and mobilized other students, urging them to come out and vote against BDS. This involved email campaigns, phone calls and one-on-one meetings to discuss BDS and the effect it has on a campus for Jewish students. Sometimes it was a quick heads-up and a reminder of the upcoming vote; other times, it meant an hour-long dialogue about the best ways to achieve peace and the true power and meaning of free speech. The impressive results of these efforts were that hundreds of informed students came out to have their voices heard.

Podolsky points out how this was really a massive team effort of 30 or more leaders reaching out to their networks. He gives particular credit to student Joseph Feldberg, who was "instrumental in mobilizing" the numbers needed for the GA vote. He also thanks

On the surface, it seemed against all odds that a BDS motion would not get passed, considering the SFUO executives' very clear and openly stated BDS agenda.

the Federation, CIJA and other partners like the Chabad Student Network.

In a message to the community after the last vote, Andrea Freedman, Federation's CEO, applauded the students, describing how they "demonstrated tremendous fortitude." She added, "Our students are fighting a difficult battle, and they are doing so on behalf of everyone who values dialogue, debate and diversity."

As Freedman implies, this battle will be ongoing. The SFUO has said it will again bring a BDS vote to the table — even before the end of the school year.

"I'm tired," admits Podolsky, who was interviewed in the short half-hour between finishing a paper and his next class.

Dovi Chein, executive director of Hillel Ottawa agrees. "Our students have invested too much time and energy into this." He says the campaign is exhausting. It takes students from their studies and social life and forces them into emotionally drawn-out situations where their feelings and sense of Jewish identity face criticism and possible dismissal.

However, despite this intense atmosphere, Chein says Hillel Ottawa has experienced an incredible year of growth with tremendous student involvement.

"The divisive nature of these BDS motions has fostered an even stronger pro-Israel and Jewish community on campus," he says.

Chein is proud of Hillel's work creating an inclusive, welcoming place for all Jews, regardless of affiliation. "We have a tent with no walls. Everyone is welcome. From Orthodox students to those who identify as Jews because one of their grandparents is Jewish, Hillel is a place for everyone.

"Our goal is to ensure Jewish students feel safe, supported, and have a place to be themselves," says Chein.

He ended the interview with a glimmer of hope.

After the last vote, Hillel offered to sit and talk with BDS supporters on campus. While one student immediately began to reject the offer, another — a young woman — said she would be willing to meet. This young woman is Palestinian and she wants peace, something sincere activists understand can come only from respectful dialogue.

Federation Report: Hillel students are engaged, united and strong, **page 6**



Andrea Freedman writes that the chair of a meeting is supposed to be impartial and facilitate dialogue and discussion. As an example of the hostility that Jewish students and their allies face on UOttawa's campus, the chair of the March 25 meetings announced the results of the vote by saying *unfortunately*, the resolution did not pass.

U of O student leaders hold democracy hostage

GUEST COLUMN
ANDREA FREEDMAN

In a recent Ottawa Jewish Bulletin column, Rabbi Steven Garten quoted Winston Churchill, "Democracy is the worst form of government except all those other forms that have been tried from time to time." Having recently learned more about politics on a university campus than I care to, I am inclined to agree.

Watching the live feed from a student government meeting at the University of Ottawa, where 10 minutes was spent debating whether or not to expand the discussion by five minutes and then voting not to do so, did not feel like the best use of anyone's time. Far more serious is the fact that a small group of student leaders are able to hold repeated votes on the anti-Israel Boycott, Divestment and Sanctions (BDS) movement, in the hope of achieving a different result. At the third defeat this year, on March 25th, this group of self-interested student government officials pledged to try again before the school year concludes. This is reprehensible.

When you're a child and learning how walk, the adage "if at first you don't succeed, try, try again" is appropriate and helpful. However, when it comes to BDS, which as courageous University of Ottawa President Jacques Frémont called "divisive and a detriment to an open and welcoming campus environment," this ongoing effort is an egregious perversion of democracy. The student government's determination to waste time and precious resources to pass a resolution on BDS that the University of Ottawa (again, in the words of Frémont) "will have no part of" is an affront.

Three times this year I watched Jewish students mobilize to defeat BDS. Their passion, eloquence and determination are remarkable and must be applauded. Similarly, their allies on campus who take principled stands for dialogue, freedom, openness and who oppose BDS, are also laudable.

But I sincerely wish it were not necessary. And it saddens and angers me to hear stories about the anti-Semitism Jewish students experience on campus today.

Students are supposed to stress about exams and term papers, because they lack the real world experience to know that campus days will end up being the golden era of their free time. Students are supposed to be idealistic, and they are supposed to anoint themselves subject matter experts, having taking an introductory course on a particular topic. They are supposed to drink too much and make mistakes that they laugh about later in life, but that have no long-term negative impacts.

They are not supposed to be feel unsafe on the campus they call home, and they should not repeatedly have to fight against a rigged system to defend their rights.

I am heartened that the students are supported in their efforts by the Jewish Federation of Ottawa and three critically important organizations Federation funds — Hillel Ottawa, the Centre for Israel and Jewish Affairs, and the Chabad Student Network. I am heartened that Jewish professionals such as Dovi Chein and Rabbi Chaim Boyarsky are not only strategizing and mobilizing, but providing the emotional support that students need. It is not easy for students to sit in these often-hostile meeting rooms. As we all know, the chair of a meeting is supposed to be impartial and facilitate dialogue and discussion. As an example of the hostility that Jewish students and their allies face on campus, the chair of the March 25 meetings announced the results of the vote by saying *unfortunately*, the resolution did not pass. What is unfortunate is that she is in a position of authority and contributing to a challenging campus environment.

Our students are well prepared for another potential vote and they are heartened by President Frémont's unequivocal denunciation of BDS. Let's hope instead they can end the semester kvetching about the stress of finals and not worrying about anything else.

Andrea Freedman is the president and CEO of the Jewish Federation of Ottawa.

Armitage: 'Exercise can be a cure for a lot of things'

Continued from page 1

Your work with Tim Fauquier, double-leg amputee John Woodhouse and others has been featured on the front page of The Ottawa Citizen and on Global National TV. How has that changed things for you?

I don't personally need to be in the newspaper, but it's been so positive for so many people. I sent the articles to the Ontario minister for long-term care and now John (Woodhouse) has a new wheelchair. Donations have been made to Stride Ottawa (a group that provides equipment for the disabled) in John's name. One trainer messaged me from Toronto and said, "I do 35 sessions a week, but I'm going to add an extra hour to do this kind of work." I've been contacted by people from all over the country saying, "I didn't think I could do it, but I'm going to go to the gym now." It's cool. It's been quite the ride.

Has your clientele changed as a result of the publicity?

There's definitely been an influx of people coming in. I still teach 11 classes a week, but in terms of personal training, it's almost all I do now. I have upwards of 15 clients with different challenges. A lot of people with disabilities never thought there was a place for them in the city, but once they saw the articles, they knew this was a very welcoming place.

How old are your clients?

The oldest, Tom Mimee, is 99. He's been coming three times a week. He took some time off over the winter, but he's coming back. He'll turn 100 this summer and he's sharp as a tack. A lot of my clientele base is over 70. I have about 10 who are over 80.



PAULINE COLWIN

Trainer Ryan Armitage explains that the SJCC is "an absolutely amazing place." For people with disabilities, this centre "has given us the full range to work with people with all sorts of difficulties. The members themselves have been so welcoming. We joke that the JCC is like (the TV show) 'Cheers' where everybody knows your name. It's like a big family."

Is this the way you thought your career would unfold?

Not at all. I was in the first class Fitness and Health Promotion program at Algonquin College. I thought I'd be training elite athletes.

How do you feel about how this turn of events?

I find it a lot more rewarding to be able to help people be able to be independent, to be able to cook, or walk, or drive, and to be able to take care of themselves. Especially those people who

slip through the cracks. I've never met anyone with a work ethic like Tim Fauquier. This person's not supposed to be able to stand up, and they're breaking into a full body sweat. The people I'm working with all have the fire.

You work with people with multiple sclerosis, muscular dystrophy, Parkinson's, Down syndrome ... how do you know what to do in each case?

I do a lot of research. I find the best thing to do is to learn about the affliction itself, then go from there. Along with Julie

Nott, another trainer here, I'm working on an Inclusive Fitness Trainer program through the American College of Sports Medicine. But one thing I've learned is that you need to customize, based on exactly what's going on with that person. It's trial-and-error and a lot of listening.

Could this have happened anywhere else?

The JCC is an absolutely amazing place. A lot of things for people with challenges can be a struggle; you take up more space sometimes. But this place has given us the full range to work with people with all sorts of difficulties. The members themselves have been so welcoming. We joke that the JCC is like (the TV show) "Cheers" where everybody knows your name. It's like a big family.

What advice do you have for people with disabilities?

Don't give up on yourself. Don't assume there's nothing you can do. You might not get back to 100 per cent, but even one per cent is upwards. I tell people, "You have two alternatives. Either you come here and you try and you get a bit better, or you don't." Even mentally, it's a big positive. I had one woman say that just smelling the gym makes her happy because she's back doing what she used to do. It's like the stock market: you might have setbacks, but overall it will go up. I've seen miracles after miracles.

What advice do you have for average folks?

Same advice. Don't get complacent. Keep trying to better yourself. What I've learned is that you don't have to be afraid to push people. Exercise can be the cure for a lot of things, physically and mentally. You can always feel better.

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Presentation by Andrea Freedman, President & CEO, on our vision for the building of the Ottawa Jewish Superhighway and creating meaningful experiences and Jewish journeys; where Jewish life is vibrant and no one is left behind.



Building more inclusive Jewish communities

Learn with Linda Kislowicz, President & CEO of the Jewish Federations of Canada-United Israel Appeal (JFC-UIA) who will be discussing "Pushing the Boundaries – Building more inclusive Jewish communities in Canada."



Information: Solange Ashe at 613-798-4696 x236
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On March 20, members of Ottawa's Ben Gurion Society met with MPs Michael Levitt and Erin O'Toole.

Ben Gurion Society explores foreign policy with MPs

BY ALLYSON GRANT

As a community, we are lucky to have passionate and experienced lay leaders from a variety of backgrounds and viewpoints to advance our causes. It is particularly heart-warming to see young people, busy with new family life and advancing their careers, take on this much needed – and appreciated – responsibility.

The commitment of Ottawa's young Jewish leaders was on full display recently, when the Jewish Federation of Ottawa's Ben Gurion Society (BGS) participated in a lobby meeting over dinner on Parliament Hill organized by our advocacy agent, the Centre for Israel and Jewish Affairs (CIJA).

BGS is a recognition program for top-level donors under 40 who take part in creative and forward-thinking discussions about advancing the interests of Ottawa's Jewish community.

On the evening of March 20, BGS members met with two Members of Parliament: Liberal Michael Levitt, chair of the subcommittee on international human rights of the standing committee on Foreign Affairs and International Development; and Erin O'Toole, Conservative shadow minister for Foreign Affairs.

Sitting down for an extended meeting with two MPs with such a depth of knowledge provided participants with an opportunity to dig into such key foreign policy issues as Israel, Iran and stability in the Middle East, issues that are top-of-mind for the community.

One topic, a highlight of the discussion and a priority for CIJA this year, was the challenge of combating attempts to isolate Israel in international forums.

Some states, including many of the world's worst human rights violators,

regularly attempt to exploit international forums as platforms to isolate Israel. The misuse of such institutions not only unfairly targets Israelis, but also undermines the values and mandates of these forums, distracting attention from the world's most pressing challenges.

As noted by both MPs, Canada has been a leader in actively opposing these efforts, particularly at the UN General Assembly, UN Human Rights Council, and UN Educational, Scientific, and Cultural Organization (UNESCO).

Canada's principled stand in voting against these resolutions is a model for other countries seeking to support peace in the region. So too is Canada's vocal opposition to efforts to politicize UNESCO's activities and to use the organization to isolate Israelis, an example of which is UNESCO's 2016 resolution that effectively dismissed the historic connection between the Jewish people and Jewish holy sites in Jerusalem.

While Canada was not a voting member of UNESCO, the government of Canada strongly rejected the resolution for singling out Israel and denying Judaism's demonstrable link to the Old City and Western Wall.

Continuing Canada's proud tradition of friendship and diplomatic co-operation with Israel at multilateral forums helps both to overcome the dysfunction perpetuated by those seeking to marginalize Israel, and to advance Canadian principles, values and interests.

Continuing to connect the many facets of our community with Canadian decision-makers, as we did at this meeting, will ensure the Jewish community's principles, values and interests are well represented.

Allyson Grant is the advocacy adviser for the Jewish Federation of Ottawa.

New EG director brings insight and innovation

Jordan Waldman hopes to create touch points to engage millennials in Jewish life

BY NORAH MOR AND PAULINE COLWIN

It's been a busy first three weeks at work for Jordan Waldman, 30, the Jewish Federation of Ottawa's new director of the Emerging Gen (EG) and PJ Library.

"I haven't had time to unpack," says Waldman, who arrived in Ottawa from Calgary in February. He has already hosted two events and has a jammed-packed few weeks ahead. "At least my socks match."

As a millennial, Jordan Waldman understands that his generation does Judaism in its own way, beyond traditional experiences. His goal is to help the EG find their own touch points to engage in Jewish life.

With a background in community work, Waldman has insight into the traditional and the innovative.

"Growing up in Calgary, I was pretty involved in the Jewish community," he explains. "I attended all the summer camps and youth groups."

"Only in university, in Toronto, I took a step away from the Jewish community to experience different things."

After earning an MA in Communications and Culture from York University, Waldman returned to Calgary and Jewish community work, and took the posi-



Jordan Waldman's immediate goal is making friends and learning about the city.

tion of Hillel Youth and Adult Director at the Jewish Federation.

Four years later, he sees that Ottawa is "a good fit to the things I want to do. As I was growing up, Tikkun Olam (repairing the world) was a value that was very important to me and my family. I hope, as I become more a part of the Ottawa community, that I will be able to give back in a meaningful way."

He learned these values from his parents and grandparents.

"When I told my bubby I was moving

to Ottawa to work with the Jewish community, she was super proud."

This news of his move also launched a game of Jewish geography. She enthusiastically told him he is distantly, by marriage, related to the famous Ottawa labour lawyer Jacob Finkelman. (Any Finkelman connections out there, feel free to reach out.)

The story of Jewish geography highlights a key Jewish value – the search for commonality and community. Building connections. This is something Waldman hopes to impart in his work.

"It's the symbiosis of community work," he says. "What I mean is that this is a way of bringing people together while making sure the community is also taking care of itself. At the end of the day, I hope to make a difference."

This is the goal of the EG, which is a special division of the Jewish Federation of Ottawa. It is aimed at young adults under 40, and facilitates innovative programs that allow young people to meet, mingle and develop professional contacts. There are social events, workshops, grant programs, and other opportunities.

Waldman's portfolio also encompasses PJ Library, an incredibly popular program where families with children

get free Jewish-themed children's books mailed to them monthly. In addition to receiving wonderful books, there are various programs throughout the year where families get together and build friendships.

With this type of programming, Waldman hopes to "create entry points for all Jews in the community to take part in Jewish events. The Jewish world has a lot of different values and experiences, and I hope that the EG and PJ Library programs will create doors for all the Jewish millennials of Ottawa."

He adds, "I am still learning what Ottawa needs and wants, and along with making friends, learning about the community is my most immediate goal."

"So far, Ottawa seems really interesting. I like the vibe here, the culture and the outdoorsiness." If he ever has spare time, he hopes to get outside and experience some of it.

Upcoming events for PJ Library: *Teddy Shabbat Dinner for Israel's birthday* (Apr. 13); *Yom Ha'atzmaut Maccabiah Games* (Apr. 15); and *Tot Shabbat, celebrating Israel* (Apr. 21). EG members, stay tuned. For more info, please follow the Federation and PJ Library Ottawa on Facebook, or contact Jordan at 613-798-4696, ext. 240 jwaldman@jewishottawa.com.



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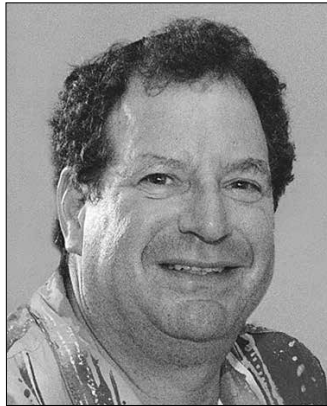
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FEDERATION
REPORT



JONATHAN FREEDMAN,
CHAIR OF THE BOARD,
HILLEL OTTAWA

Hillel students: engaged, united and strong

ties at larger venues with an average of 120 students attending each of our last four Shabbat dinners.

Here are some stats to help paint the picture: to date, over 700 unique students have attended at least one Hillel event, and over 140 students have attended six or more events. On average, Hillel hosts three events a week coupled with ongoing one-to-one coffee dates and learning programs.

Hillel's major events, including the Israeli Wine & Canadian Cheese tasting and the Chanukah Ball, have brought hundreds of students together to celebrate shared values and Jewish holidays.

In addition, Hillel's student executive board has grown to 16 members, and there is a true sense of ownership and leadership amongst our Hillel leaders.

These positive events all took place despite intense adversity on the University of Ottawa campus for pro-Israel and

Jewish students. In the fall, there was an attempt by the Students' Federation to de-ratify our campus clubs. This was followed by three votes to support the anti-Israel Boycott, Divestment and Sanctions movement (BDS). Against all odds, our students, with the support of Hillel, the Centre for Israel and Jewish Affairs, (CIJA), the Jewish Federation of Ottawa and other partners mobilized, and unified under a common goal. The students were successful in reinstating their club, and defeating all three BDS votes.

While the actions of the Students' Federation have indeed damaged the atmosphere on campus, we were heartened by the statement made by the University of Ottawa's President Jacques Fremont, who strongly denounced BDS and explained such divisiveness had no place on campus. For Hillel, our goal is to encourage honest debate on how to reach a peaceful two-state solution.

We stand against the BDS movement, whose leaders and members, (five of whom are on Canada's terrorist watch list) don't support peace, but instead openly state they are striving for the eradication of Israel.

With all this our community should feel proud. The end results of the barrage of BDS votes, coupled with the increased engagement on campus, have fostered a renewed sense Jewish identity on campus that is stronger, more unified, and prouder than ever before.

To maintain this *kehillah*, we need help. The increase in engagement, the size of Shabbat dinners, and the rise of political issues on campus, have stretched Hillel's resources. As a community we need to look to our students as future leaders. Please join us in empowering and investing in them.

To make a gift to Hillel Ottawa, visit www.hillelottawa.ca

Hillel Ottawa has been having a record year in its mission to enrich the lives of Jewish students in Ottawa with an overwhelming increase in engagement and political activism.

Shabbat dinners have transformed from 30 students packed into the Hillel House, to exceeding maximum capaci-

FROM THE
PULPIT



RABBI IDAN SCHER
CONGREGATION MACHZIKEI HADAS

The mezuzah and its message of freedom

series of difficult preparations. The children of Israel were commanded to take sheep (which were venerated as gods in Egyptian culture), keep the animals in their homes for four days (in plain view of the astonished Egyptians), and use their blood to paint their doorposts.

The formal reason for this commandment of blood on the doorpost was to serve as a marker as a home that should be "passed over" during the plague of the death of the firstborn. However, this explanation seems dubious.

By this point in the story God had performed powerful miracles, like the first nine plagues. Surely, God did not need any signs to be able to distinguish between Egyptians and Jews?

After all, the Torah had already spoken at length about how Egyptians suffered from certain plagues, such as darkness and hail, while the Jews were completely spared from their effects.

Perhaps, therefore, the blood on the doorpost commandment was intended to convey a message to us as well.

The Jewish people were a nation of slaves whose parents and grandparents had been slaves, and many were probably convinced that they would never taste freedom.

Many probably feared the Egyptians' reaction to their actions.

However, at this point, perhaps God, after having sent nine plagues, was telling the Jewish people "I've done my part. Now it's time for you to do yours."

No one can be redeemed against his or her will. People can be helped in many ways, and it is our responsibility to help

those around us in any way we can. However, no one can make a decision regarding someone else's freedom. That person alone must make the decision to be free.

The commandment to paint the doorposts with blood was God's way of telling the people: "You need to take this last step yourselves. You must do your part in proclaiming your identity. It is not much to ask, but it is the minimum requirement if you want to experience true freedom."

It is for good reason that the mezuzah, so closely connected to the blood on the doorposts, has become one of the hallmarks of the Jewish people for generations. This commandment is no more or less important than any other. It is unique, however, in that it is a human declaration of our identity.

Like in the original story of the Exodus, the mezuzah is what transforms us from being passive about our Jewish identity and practice to proudly proclaiming our essence. It was the first time that we took the step of declaring publicly "I am Jewish!" That powerful moment left an imprint on the psyche of all of us, and continues to motivate Jews of all backgrounds to boldly place a mezuzah on our doorposts for all to see.

Both a nation and an individual's redemption starts with actively expressing who we really are. Those who understand that they have a part to play in their own redemption, specifically through the active declaration of who they are, are those who can truly tap into the message of freedom that Passover offers us.

Whenever I walk the streets of a new neighbourhood, it's always a small pleasure to see a house or business with a mezuzah on the doorpost. It's a marker that there are lantsman here, fellow Jews who are willing to stand with their Jewish identity.

What always fascinates me is that this is one of the Jewish practises that is observed by such a broad cross-section of the Jewish people, from the most observant to the most secular. Jews of all backgrounds are willing to take a stand and say "I live here, and I am Jewish!"

It's a bold statement, and it begs the question: where did this deep connection to the mitzvah of mezuzah come from? Why is this mitzvah observed more prevalently than so many others? The answer, I believe, lies in the origins of the mezuzah in our history, during the story of Passover.

The night the Jewish people left Egypt came at the culmination of a

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PUBLISHER
Andrea Freedman

EDITOR
Michael Regenstreif (on leave)
Laura Robin (Interim editor)

PRODUCTION CONSULTANT
Patti Moran

BUSINESS MANAGER
Eddie Peltzman

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

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FROM THE PUBLISHER



ANDREA FREEDMAN

In a recent visit with community leader Norman Zagerman, he made the suggestion that I check out the minutes of the meetings of the Va'ad Ha'ir executive committee of the 1930s. As Norman is tremendously wise, I did just that on a recent Sunday and I am pleased to share a few observations, thanks to the Ottawa Jewish Archives where all this information is readily available.

The lens with which I view these minutes is a comparison with how the Va'ad's successor organization, the Jewish Federation of Ottawa, is run almost a century later. In reading the minutes, I was struck by both the stark differences and the similarities (and also by how much easier it is to read a computer

Mining a century of Jewish unity in Ottawa

When I first started work at the Jewish Federation of Ottawa, I had heard many references to the "Va'ad fathers" – a not-so-subtle name given to the men who ran our community.

printout than typed notes).

When I first started work at the Jewish Federation of Ottawa, I had heard many references to the "Va'ad fathers" – a not-so-subtle name given to the men who ran our community. It is clear from reading the minutes that these men did indeed have absolute authority. They were involved in everything from the curriculum of the Jewish school, to the wording of Kashruth labels, to "sanctioning" any individual collecting money on behalf of any Jewish organization or cause in Ottawa. While the times have certainly changed with respect to authority, what has not changed one iota is intent. The leaders of the Va'ad, just like the leaders of today's Federation, were deeply com-

mitted, above all else, to the well-being of Jewish Ottawa. Both generations of leaders selflessly gave/give of their time to make decisions, with the best available information for the greater good.

Over this almost 90-year period, from the '30s to today, a consistent agenda item has been the paramount importance of Jewish education. It was a staple on the 1930 agendas and remains so today, and with good reason. The main differences are just the names of the educational institutions and their current independence, since now they manage their own day-to-day affairs.

I was also struck by the paucity of discussion regarding European Jewry. While there were relief efforts, arrangements were made to bring Jewish refugee children to Ottawa, and funds were raised for the relief of European Jewry, the scope of the genocide was never mentioned, nor was advocacy with the Canadian government to change its horrendous immigration laws, in which "none were too many." The leadership understood that European Jews were suffering and in a precarious position, but the horrific reality of what was transpiring was not yet known. None-

theless, there was an ingrained desire to help. For example, only a couple of cursory sentences were necessary in approving a relief campaign. There was no need for a debate or a discussion, only an absolute imperative to help European Jews, even without all the facts. That natural impulse to help remains a hallmark of Federation today.

In reading the minutes, I was fascinated by the clear centrality of synagogues to the Va'ad. For example, the Va'ad finance committee was composed of the four shul presidents. Interestingly, the city had a community rabbi, with his salary paid for by the various synagogues on an agreed-upon fair share formula. Remarkably, when one synagogue reported that they could not pay the full amount, other congregations agreed to pay more.

And it is on this note that I wish to conclude – the spirit of Jewish unity. What I mean by Jewish unity is the belief that we all have a responsibility to make Jewish life in Ottawa vibrant and it is only by working together that this happens. This is a collective effort and we are stronger when we support one another.

IDEAS AND IMPRESSIONS



JASON MOSCOVITZ

My annual Pesach visit to Israel was what it always is: family togetherness with my daughters and their families, as well as the adventure of discovering a land and a people so near and yet so far.

Being Jewish doesn't make you Israeli and being Israeli doesn't make you Jewish, but nothing is totally foreign or confusing about either. That is true until you meet a 75-year-old man who moved to Israel and encountered confusion like you wouldn't believe.

Jacob Weksler is a Holocaust archivist and a work colleague of my daughter Emmanuelle at Yad Vashem. For most of his life, he was Romuald Waszkinel, and for 50 years of his life, he was a Roman Catholic priest in Poland.

Many Holocaust stories never get old because they can't be forgotten and, in

The priest who found out he was born a Jew

Many Holocaust stories never get old because they can't be forgotten and, in many instances like Weksler's, the stories evolve as circumstances change.

many instances like Weksler's, the stories evolve as circumstances change.

Weksler never knew the exact date of his birth (he thinks it was late February), but he knows it took place near Vilnius in 1943, at a time when Jewish women didn't have the freedom to bring Jewish babies into the world. His mother hid through her late pregnancy, and soon after Jacob's birth, he was wrapped in a blanket and given to a Christian family by the name of Waszkinel.

Growing up, Jacob had no idea of his heritage, but a first inkling occurred when he was five years old and he was randomly berated and taunted one day for being a "dirty Jew." When he came home and told his mother, he recalled how she was uncomfortable with the conversation and how quickly she changed the subject.

Looking Jewish may have been part of it. He also recalls his parents kept his hair very short so the curls would not show, but he was too young to put all the pieces together.

He says his Polish parents were lov-

ing and kind, as was his younger sister. The first big family issue with his father was when Jacob told him he wanted to become a priest. Although they were a church-going family, even in Communist Poland, his father couldn't understand for the life of him why Jacob didn't want to be a doctor, get married and have a family.

As a young priest, Weksler noticed once again that whenever the issue of Jews came up, his mother was strikingly ill at ease. He was old enough and wise enough to wonder why, and to ask questions, which were consistently dealt with awkwardly.

In 1978, when he was 35, his mother told him of his roots and of the circumstances that made her his mother and him a Catholic. Of course, his parents never knew his Jewish name: all he was told was the name of the little town near Vilnius where he was handed over in a blanket. He was also told his father was the best tailor in the town and useful to the Nazis, so they kept him alive for a while.

Father Waszkinel went to his birthplace to find answers and, with the knowledge that his father was a tailor, he was able to discover his name and his family heritage. While immediate family members were victims of Nazi genocide, he discovered he had cousins on his mother's side living in Israel. He was anxious to meet them, and he made sure he did.

Jacob Weksler was still Father Waszkinel when he went to work in Israel as a priest, but because he had become quite open about being born Jewish, church life got complicated and nasty. Pope John Paul II — yes, the Polish pope — had been a teacher of his, and the Jewish-born priest wrote him seeking help and guidance. The pope responded that he would pray for him.

In 2016, after 50 years in the priesthood, Father Waszkinel left the church and decided to stay in Israel as a Jew. After a long immigration ordeal, Israel granted him permanent residency and just recently the right to be buried in a Jewish cemetery.

In the Jerusalem coffee shop where we met, it was easy to appreciate the twinkle in his eye when he said his Jewishness was actually saved by the church and its rules against priests marrying.

A Polish wife and children, he explained, would have likely kept him pretty Polish and very Catholic.

Jeff Greenberg
SALES REPRESENTATIVE

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A Passing Grade?

In our part of the world, we wait anxiously for the first signs of spring and the joyful thaw that comes with it. Snow melts, the ground thaws, and April showers mean puddles everywhere. All the moisture that spring brings with it can make any drainage problems on your property suddenly seem obvious.

Pooling water in your yard or driveway can indicate a problem with grading. Your yard should slope away from your home and drain water out toward the streets and sewers. Five degrees is the ideal slope, very slight to the naked eye, but enough to move water away from your foundation and the foundation of your neighbours' homes, as well.

Drainage problems aren't just unsightly. Your home's foundation is not designed to be exposed to extended periods of extreme moisture. If water pools near your home it can leak into the basement and, in the longer term, undermine your foundation. This, in turn, can lead to expensive problems in your home's interior, such as water damage, mold, and poor air quality. These represent time-consuming and costly interior repairs that could be avoided with vigilance and care to your home's exterior.

Grading should be taken into consideration before you make any major additions to your home's exterior. Adding a garden, pool, deck, walkway, fence or patio – even planting a tree – can change the grading of your property and affect drainage for you and your immediate neighbours. Keep an eye out during the coming shoulder-season. Warming temperatures and sunshine are welcomed parts of springtime, but if the thaw brings drainage problems with your attention, deal with them while that are still on the outside of your home.

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U.S. HOLOCAUST MEMORIAL MUSEUM

The St. Louis carried more than 900 Jewish passengers. It's tragic story is a symbol of how Canada once was 'a closed, xenophobic society in which minorities were barred from almost every sector of Canadian life,' says historian Irving Abella

'Even in a country like Canada the veneer of civil society is very thin'

Ultimate message of Ship of Fate exhibit is to be ever vigilant against hatred, discrimination

BY BULLETIN STAFF

Several hundred guests attended an impressive Canadian War Museum exhibition opening event on March 20 on the tragic, but telling, story of the MS St. Louis and its passengers from Nazi Europe. The Ship of Fate exhibition describes the vessel's fateful voyage across the Atlantic, from its background to its outcome.

The museum's president and CEO, Mark O'Neill (who also heads up the Canadian Museum of History), stressed in his remarks that the St. Louis episode reminds people that "even in a country like Canada the veneer of civil society is very thin, and we need to be very careful not to be smug."

O'Neill added that "the ultimate message for museum visitors is the constant, even urgent, need to be ever vigilant against incidents of hatred, discrimination and anti-Semitism."

The exhibition is visually effective, showing key decisions and the frustrating nautical route of this "voyage of the damned." Even though we already know the final outcome, it captures the drama and deep emotions of the St. Louis epic.

The presentation combines historical photographs, nautical maps, personal portraits and audio recordings, describing how the St. Louis had been a prominent passenger ship in the 1930s. On May 15, 1939, it sailed to Havana with over 900 Jewish passengers who carried Cuban entry visas. But their fortune ran out while the ship was en route because the Cuban gov-

ernment changed its policy and cancelled the visas.

The captain of the St. Louis tried to find an alternative destination for his passengers but without success. The ship was not allowed to land at an American port, and then it was denied permission to enter Canada's waters. It was forced to return to Europe, although the captain arranged to disembark passengers in several non-Nazi countries. When the Second World War led to Nazi conquests and occupations, more than 250 of the returned St. Louis passengers were killed in the Holocaust.

Renowned Canadian historian Irving Abella, who spoke at the exhibition opening, contrasted immigration policies in the 1930s with modern times. The St. Louis story "stands as a stark symbol of what Canada once was...a closed, xenophobic society in which minorities were barred from almost every sector of Canadian life." It was, he said, the "epitome of the profound humanitarian failure of the Western democracies" in the 1930s.

But Abella also sounded an optimistic note. He stressed how "today's Canada is far different and infinitely better – generous, humane, open, decent. Multiculturalism and diversity is encouraged." He praised the actions of recent Canadian governments, which "have learned the lesson of this shameful episode". Canada's attitudes today are deeply important because "intolerance seems to be the global growth industry of the new century."

O'Neill, the museum president, also commented on the role of history museums in current times. He argued that "in a world with online extremism, social media rife with hate speech, and blogs that convey revisionist propaganda with the air of historical authority, we must have the courage to present the facts, the truth." Museums should give voice to people who survived or who were murdered. "One lie is too many. One incident is too many. One denial is too many. Museums have a moral obligation to tell these stories," he concluded.

The show was created by the Maritime Museum of the Atlantic, based in Halifax, in collaboration with the Atlantic Jewish Council and the Federal Department of Immigration, Refugees and Citizenship. Its creative curator, Gerry Lunn, was also present at the War Museum opening.

The exhibition is open to Canadian War Museum visitors until April 29. The next lecture as part of the exhibition is on April 27, at 7pm. David Moskovic will discuss his personal experiences as a Holocaust survivor, and Prof. Jennifer Evans will talk about the importance of eyewitness accounts to the telling of history.

The War Museum is also displaying a nine-panel exhibition on The Canadian Jewish Experience until March 29. These are installed in the public lobby near the museum's entrance.

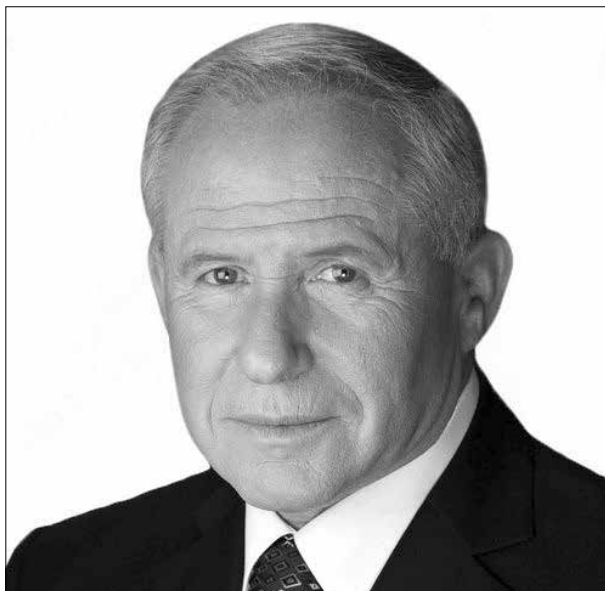


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Mr. Dichter brings a 360-degree view of security from his military duties as a soldier, his intelligence leadership and now his political lens. He will discuss both threats but also opportunities in the Middle East, the relations between Israel and surrounding countries, Israel's existential threats and the role of superpowers in the region.

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Community role model
Carol Greenberg will be remembered for her warmth, generosity. Benita Baker reports.



Carol Greenberg, the beloved matriarch of the sprawling Greenberg clan, passed away on February 3, 2018. She was 79.

Ask anyone about Carol Greenberg and the words used to describe her are always the same – warmth, generosity, hospitality, wisdom, friendship and family. The beloved matriarch of the sprawling Greenberg clan, “Aunt Carol” to friends and family alike, died suddenly on February 3, 2018. She was 79 years old.

Wife of late Ottawa mayor Lorry Greenberg, the pair met on a blind date when she was 18 years old and married after a short courtship. A Montreal native, Carol relocated to Ottawa and immediately began spreading her warmth and geniality within the local community.

Family was always Carol's focal point. In 1962, when Lorry decided to leave the family business (Minto Construction Company Limited) and devote himself to time-consuming community service, Carol single-handedly managed the Greenberg household and five children – Rhonda, Jeff, Roger, Stephanie and Heather – all close in age.

“She was a strict mother but liberal and very accepting of our choices,” said her son Jeff. “She just wanted to love us unconditionally.”

Stephanie Greenberg describes her mother as her best friend. “She was a part of my everyday life,” she said. “My mom was patient, kind, encouraging, non-judgemental, considerate, giving and thoughtful.”

Carol's holiday baking was renowned. Not only did the family come to expect hamentashen on Purim or potato knishes on Rosh Hashanah, but the baking itself also became an anticipated social event where friends and family gathered in the Greenberg kitchen to schmooze and bake together.

“She was a force to be reckoned with when it came to her family. She was formidable. She was like a mother bear protecting her cubs. She was always there for you.” said niece Marion Greenberg.

“Family and friends were the most important thing to her,” said niece Marion Greenberg. “She was a warm and caring person who loved the warmth of bringing people together. You were always welcomed in her home.”

Carol revelled in her role as family matriarch. Holiday meals were legendary. It was not unusual for 30 to 40 people to be seated at the table. “She loved her family above all,” said Marion. “Sometimes the only time I would see my extended family was at Aunt Carol's table. Who knows what will happen now that she is not around.”

Carol was more than an aunt to her many nieces and nephews – she was like a second mother and friend to them, providing advice, guidance and support to anyone who asked.

“She was a force to be reckoned with when it came to her family,” said Marion. “She was formidable.

She was like a mother bear protecting her cubs. She was always there for you.”

Never one to seek attention, Carol quietly gave her time and her money to both friends and organizations. For years, she performed the most sacred of Jewish rituals *tahara* (purifying the body of a deceased) for the Ottawa Chevra Kadisha. She taught English to immigrants. She was active in the Agudath Israel Synagogue Sisterhood. As both a patron and a board member of the Palliative Care Outreach Program, an organization that relied entirely on private donations, she and her children were instrumental in raising much needed funding.

Jeff describes his mother as “an extremely private person.” He says both of his parents were humble and that the Greenberg children were raised to give without seeking the limelight, to do what you know is right without the need for accolades or publicity.

Messages of condolence on the legacy.com web site reveal how Carol touched the hearts of those who knew her.

“Carol was an outstanding human being,” wrote Amira Meir, whose husband was deputy ambassador at the Israeli embassy. “Smart, kind, gentle and had a huge heart. She loved people and helped so many of them in her very special way. We all loved her very much.”

“She was like a Princess Grace as a young bride and remained with grace all of her life,” said Dorothy Siminovitch of Toronto. “Add wisdom, generosity, humour, integrity and deep loyalty and a window into the character of Carol Greenberg emerges.”

Carol Greenberg is survived by her five children, four grandchildren (Abigail, Elizabeth, Kayla and Maya) and dozens of nieces and nephews. Her legacy to her family and her community is the importance of family. It was also extremely important to her to observe the *yahrzeit* of family and loved ones. A grateful community should take that to heart – put family first and honour their memory.

LETTERS WELCOME

Letters to the Editor are welcome if they are brief, signed, timely, and of interest to our readership. The Bulletin reserves the right to refuse, edit or condense letters. The Mailbag column will be published as space permits.

Send your letters to Michael Regenstreif by email to bulletin@ottawajewishbulletin.com

Adult club offers hikes, history, plays and poetry

BY MAURICE KLEIN
FOR AJA 50+

For those who found this winter's weather far too long and cold, Active Jewish Adults 50+ has been busy preparing a tonic in the form of more than 40 exciting daytime programs from May through August, 2018.

Speakers include Norma Domey, a cousin of Viola Desmond, who appears on the new Canadian \$10 bill. Viola was the black Nova Scotia businesswoman who in 1946 challenged racial segregation in Nova Scotia.

Back by popular demand, New York Times reporter Ian Austen will give his informed perspective on Canada and the U.S. in the Trump era.

Canada's delegate to UNESCO World Heritage, Christina Cameron, will talk about World Heritage sites, and how they are designated and preserved.

Ottawa poet and anthology editor, Seymour Mayne, will discuss Canada's rich tradition of Jewish poetry.

But AJA 50+ programs are not only about hearing from top-notch speakers; the group offers opportunities to put on sneakers and enjoy Ottawa's summer while touring some of the city's beautiful architecture during small-group walks led by Hagit Hadaya, an architectural historian.



Guided hikes in Gatineau Park, Stony Swamp and at the Bonnechere Caves are among the programs being offered this spring and summer. Here the group poses after a hike at Pinhey's Point.

Nature is also emphasized: Fenja and Irwin Brodo, who are experienced

nature enthusiasts, will lead guided hikes in Gatineau Park and Stony

Swamp. A safe and easy hike also will be provided at the spectacularly beautiful Bonnechere Caves, near Eganville.

The programs also feature a variety of art, literature, music and entertainment activities, including two plays at the Classic Theatre Festival in Perth. Car-pooling is available.

Of course, there are the popular ongoing weekly activities: Scrabble, ping pong, Mahjong, bridge and seasonal golf.

So many exciting choices – and this is just a sample of the programs you can enjoy this spring and summer, thanks to dedicated volunteers and members who make excellent suggestions for speakers and activities.

Check out the new Spring/Summer Program Guide, which goes online April 16, at aja50plus.ca. Come out to ask questions, schmooze and register for programs from 9:30 a.m. to noon on Monday, April 23, at the Soloway Jewish Community Centre.

In addition, the entire community is invited to participate in the AJA 50+ Annual Trivia Night on Sunday, May 27, at 7 p.m. at Temple Israel. Come as a team of up to 10 or as an individual or couple and be placed on a team. Categories are wide and varied at this major fundraiser for AJA 50+. Register at aja50plus.ca

Celebrated Torah scholar to discuss Book of Ruth at Kehillat Beth Israel

BY FRED LITWIN

An internationally-renowned scholar of Jewish stories and Torah interpretation, Avivah Gottlieb Zornberg, will be speaking in Ottawa at Kehillat Beth Israel Synagogue on April 30th, 2018.

Her topic will be the book of Ruth, "I am a Stranger – Becoming Ruth." Zornberg says that Ruth is a stranger in more senses than one.

She asks "who is this unknown woman who is destined to become mother of royalty? What is the process by which she finds her way into a for-

eign and unwelcoming culture and religious tradition?"

Rabbi Deborah Zuker is delighted that Zornberg is coming to Ottawa. "Dr. Zornberg is a fascinating thinker and teacher of Torah. She synthesizes a unique and eclectic array of sources that draw new insight and wisdom out of our sacred texts."

Zornberg was born in London and grew up in Glasgow, Scotland, where her father was a Rabbi and head of the rabbinical court. She received a PhD in English literature from Cambridge University and after teaching English litera-

ture at Hebrew University in Jerusalem, she turned her attention to teaching Torah. For the past 30 years, she has taught Torah in Jerusalem at Matan, Yakar, Pardes and the Jerusalem College for Adults. Zornberg also holds a Visiting Lectureship at the London School of Jewish Studies. She travels widely, lecturing in Jewish, academic and psychoanalytic settings.

Zornberg is a winner of the National Jewish Book Award for non-fiction. The New York Times says that Zornberg is a "celebrated biblical scholar, keen on weaving together traditional Jewish exe-

gesis, psychoanalysis and postmodern criticism." In addition, she "always displays minute attention to the psychological subtext of the scriptures."

You can hear Zornberg's talk on April 30th at 7 pm at Kehillat Beth Israel, 1400 Coldrey Ave. The event is pay what you can, with a suggested minimum donation of \$18. Her book, *Bewilderments: Reflections on the Book of Numbers* will also be available for purchase at the event.

For further information, please contact (613) 728-3501.

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Elly Bollegraaf is a Holocaust survivor who strongly believes education is the key to preventing such evil from happening again. Here, she poses in a 2017 photo as part the #WeRemember campaign.



Holocaust course attempts to explain the incomprehensible

BY JESSE TOUFEXIS

‘P’eople are capable of great evil,” says Elly Bollegraaf of Ottawa, and she knows this more than most.

Bollegraaf is a Holocaust survivor who believes education is the key to preventing it from happening again.

“We must prepare today’s and future generations so that we and they can and will intervene when there is an opportunity to resist and stop evil from gaining an upper hand and flourishing,” she says.

An opportunity for such preparation will happen in May and June when the University of Ottawa’s Vered Jewish Canadian Studies Program offers a course entitled Canadian Responses to the Holocaust. Taught by Prof. Rebecca Margolis, it will look at the diversity of responses to the Nazi Holocaust from the Second World War to the present.

It aims to understand the roots and the lead-up to the Holocaust, rather than viewing it simply as an incomprehensible aberration. Through education, it seeks to make the incomprehensible, comprehensible.

Within the Canadian Jewish community, the Holocaust existed as a focal point from the very beginning, in particular among the survivors who arrived after the Second World War, many of whom were spurred to activism in the 1980s. However, in mainstream Canada, the response was slow, as outlined by Irving Abella and Harold Troper in their best-selling study *None is Too Many*, published in 1982. The book offers a critical look at Canada’s policy of non-admission of Jewish refugees from 1933 to 1948.

Since then, the Holocaust has played a prominent role in discourse around human rights, genocide and anti-racism education.

The course is structured around many responses to the Holocaust: historical studies, memoirs, survivor testimony, education, Holocaust denial,

theology, film and literature, and memorialization. Each class examines one of these areas in depth, and includes readings, guest speakers and a visit to the National Holocaust Monument. Margolis’s goal is to examine the many ways that Canada, as a “bystander nation,” has developed its own particular relationship with the events of the Holocaust over the last 70 years.

She says the guest speakers are key, and, as one of them, Bollegraaf understands the magnitude of her role. “By telling our stories,” she says, “we strive to warn others of what happened and what was brought upon innocent victims by a seemingly intelligent and advanced society.”

Another speaker, Adele Reinhartz, who will talk about the Holocaust memoir written by her mother, says “the Holocaust illustrates what can happen when racism and other forms of discrimination are allowed to flourish in society and in the political realm. Studying the Holocaust can make students aware of the role of prejudice in modern European history and perhaps then to guard against it in our own time and place.”

The course is offered as an undergraduate course (CDN 3102A Selected Topics in Jewish Canadian Studies) open to all university students for three units, with no background or prerequisites required. Community members are welcome to register as auditors (no grades or university credit). The course runs from May 1-June 11, Tuesdays and Thursdays from 10 a.m. to 1 p.m. Community members are welcome to register as auditors for a fee of \$300 for the 12 sessions (no grades or university credit).

For more information, please contact Margolis at Rebecca.Margolis@uOttawa.ca, or 613-562-5800 x 2955.

Jesse Toufexis is a doctoral student, Department of Religious Studies, University of Ottawa.

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ROBIN CHERNICK

LIMMUD FESTIVAL AT SOLOWAY JCC

More than 230 people took part in Limmud 2018 on March 18 at the Soloway Jewish Community Centre. Limmud is a festival of Jewish learning and brings people of all backgrounds together to celebrate the rich diversity of Jewish culture and heritage.

Participants and presenters came from a wide variety of Jewish backgrounds, affiliations, denominations, circumstances, ages and orientations. This year's event also included a shuk featuring crafts, art and books. The sessions included such topics as "Women Changing Communities," "The Quest for a Russian Homeland," and "Tikun Olam in Tanzania." One of the highlights was Jerry Golland and the Tower of Song band who performed songs by Leonard Cohen. Adding to the atmosphere, timekeeper Harvey Goldberg marked the end and start of sessions by sounding the shofar. The whole day was an opportunity to build a stronger connection to the wider Jewish world while enriching the Ottawa Jewish community. Limmud is a volunteer-run celebration. For more information, or to volunteer for the development of future Limmud events, contact Jenny Roberge at info@limmudottawa.ca



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An inside look at why peace is such a tricky process

BOOK REVIEW
DAVID B. BROOKS

In Pursuit of Peace in Israel and Palestine
By Gershon Baskin
Vanderbilt University Press, 2017
286 pages

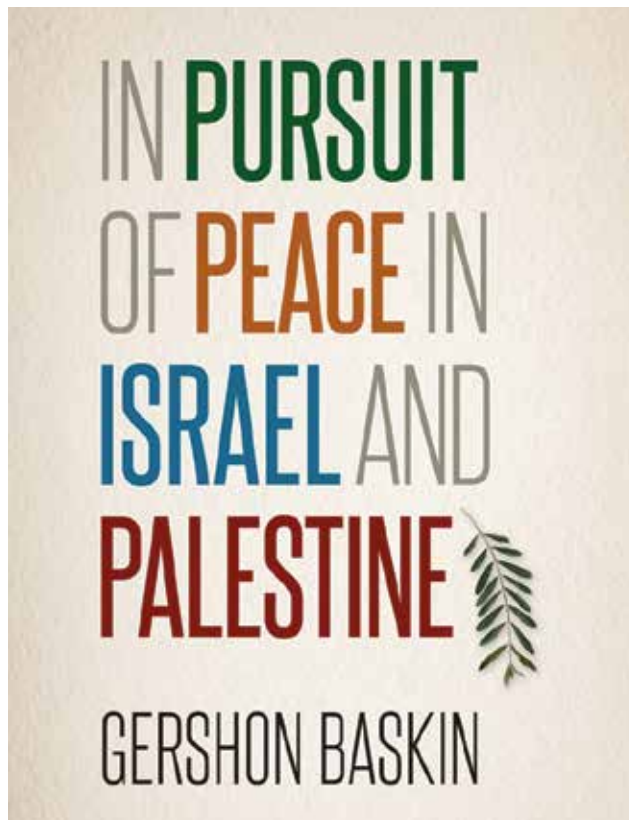
Gershon Baskin's *In Pursuit of Peace in Israel and Palestine* is partially the autobiography of an American boy who grew up with Young Judea, participated in its Year in Israel program, and shortly afterwards decided to make Aliya.

However, Baskin began reading books that offered a different vision of Israel, books that argued for an end to occupation of the West Bank and for a separate state for the Palestinians. For the next 40 years – including his time in the Israeli army – Baskin engaged in the peace process, mainly by creating ways for Israelis and Palestinians to talk and work with one another.

Evidence in support of that approach comes as, chapter by chapter, Baskin describes the various programs and institutions that he has built, or helped to build, in pursuit of peace – often despite opposition from the Israeli government. By the 1990s, the extent of Baskin's contacts and the quality of his advice came to be recognized. He was invited to join a secret team in the office of former Israeli prime minister Yitzhak Rabin to provide advice on peace initiatives. Some years later, Baskin became the main link between Israel and Hamas (the Palestinian government of the Gaza Strip) during the five years of negotiations that finally led to the release of captured Israeli soldier Gilad Schalit.

The last part of *In Pursuit of Peace in Israel and Palestine* shifts from specific institutions and programs to the peace process in broader terms. Baskin focuses on lessons learned, such as the proven value of joint stakeholder mediation teams. He also finds that experience argues against dependence on a third party and in favour of direct Israeli-Palestinian conversations. He argues that past peace initiatives show that protracted conflicts require more than detailing how to start the process – they must also indicate principles for final-status issues.

The most striking chapter in this part of the book relates the tough negotiations between former U.S. president Barack Obama and Israeli Prime Minister Benjamin Netanyahu. According to Baskin, the two reached agreement that the United States would block Iran's ability to become a nuclear power and, in exchange, Israel would



meet Palestinian conditions for restarting the peace process. In the end, Netanyahu did not believe that the United States had come through on Iran, so he did not feel obligated by his promise on Palestine.

In Pursuit of Peace in Israel and Palestine is a fine book that will help readers understand why it has been so difficult to resolve the conflict. I have to challenge one aspect of Baskin's perspective, however. The latter part of the book focuses too much on high-level negotiations and too little on the work of non-governmental organizations (NGOs). (Full disclosure: Baskin and I have known each other since about 1990; we worked together on several Israeli-Palestinian projects.)

For example, EcoPeace is a tri-national (Israel-Palestine-Jordan) NGO that focuses on water and environmental issues in the region. It is wrong for Baskin to state that water is among the "issues that have not been elaborated previously." Five years before the publication of this book, EcoPeace published a draft water agreement that continues to play a role in formal and informal peace efforts.

David B. Brooks is a specialist in international water issues. He is the co-author (along with Julie Trottier, another Canadian) of An Agreement to Share Water Between Israelis and Palestinians, which was first published in 2010, with a revised version in 2012.



Ben Kweller, left, received a guitar from Bruce Springsteen's longtime guitarist Nils Lofgren for his bar mitzvah. He was able to lend it back to Lofgren to save his show after the guitarists own instruments were stolen.

Bruce Springsteen's guitarist saved by old bar mitzvah gift

(JTA) - Bruce Springsteen's longtime guitarist Nils Lofgren found himself in a pickle earlier this month: Just hours before a sold-out solo show in Dallas, he discovered that his four vintage guitars had been stolen.

Lofgren, who has also toured with Neil Young and Ringo Starr, tweeted that he was "devastated" by the robbery, but he promised fans that the show would go on.

Thankfully the search for a replacement axe didn't take too long. Lofgren remembered that his old friend Howard Kweller — now a doctor, formerly Lofgren's bandmate in middle school — lives in north Texas. A little over two decades ago, Lofgren gave Kweller's son Ben a guitar for his bar mitzvah. Ben Kweller — who is a noted indie rocker himself — was more than happy to let Lofgren borrow the old bar mitzvah gift.

"Nils knows that guitar and he's played it before," Howard Kweller told CBS DFW. "He's the ultimate performer. I have no doubt he'll have an amazing show."

Ben Kweller has opened up about his Jewish identity, notably to the Britain's Jewish Telegraph in 2004. He said that his family was the only Jewish one in Greenville, Texas, where he grew up, and that he became friends with his local rabbi.

"Being a Jew in a small town helped me form my identity," he told Mike Cohen. "I am proud to be Jewish."

In the end, Lofgren's guitars were found by police, just a few days after he enjoyed the company of an old friend.

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Find out more at OJCF.CA or contact **Micah Garten**, Director of Development at mgarten@jewishottawa.com 613-798-4696 x270



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May Day sing-along a celebration of struggle and hope

BY KATHY KENNEDY AND TAMARA LEVINE

Around the world, May Day has always celebrated the stories, struggles and victories of working people. But in Ottawa, the celebration has an exuberant musical touch.

Gil's Hootenanny, in a spirit reminiscent of the 1960s, gathers people together in solidarity to listen and sing along to new and traditional songs of hope and protest.

This year's version, on Tuesday, May 1, will be the ninth edition of the annual event. First presented in 2010, the May Day community sing-along has seen increasingly larger audiences each year. With the 2018 event headlining singer-songwriter Eve Goldberg, organizers are expecting a large turnout.

Gil's Hootenanny is the enduring legacy of Gil Levine, who spent his life working for social justice. The founding director of research at the Canadian Union of Public Employees, he was featured in the Ottawa Jewish Archives photography exhibit, "Face to Face." A great lover of folk music and an enthusiastic supporter of folk musicians, Levine believed in the collective power of song to bring people together to sing out for change.

When he died at 85 in 2009, three words in his obituary — "plan a hootenanny" — started an Ottawa tradition. Gil's Hootenanny has evolved into a fun, energetic event that celebrates not only the power of song to change the world, but also the contribution of one man to make the world a better place.

Gil was a huge fan of Eve Goldberg. Anyone lucky enough to see her perform is captivated not only by her talent and charisma but also by the depth of



'It seems especially important right now to be talking and singing about racism, indigenous issues, women's rights, peace and human rights,' said musician Eve Goldberg who will be performing at Gil's Hootenanny.

her musical background and influences. Growing up in the Boston area in a family committed to social justice, Goldberg has vivid memories of her parents' involvement in the civil rights, labour and peace movements. As her multi-instrumentalist, activist mom was taking her to see folk legends Sonny Terry and Brownie McGhee, as well as Pete Seeger, Goldberg's sister was introducing her to emerging singer-songwriters like Bonnie Raitt, James Taylor, Carole King and Joni Mitchell. With echoes of her brother's favourites, Bruce Springsteen and Bob Seger in the air, she also fell in love with

Motown, soul music, jazz, bluegrass, old-time and country music.

Goldberg, who relocated to Toronto in 1981, has worked with such peace and social justice groups as the Toronto Disarmament Network and the Jesuit Centre for Social Faith and Justice. She is also president of Local 1000 of the American Federation of Musicians, the local of touring folk and acoustic musicians all over North America.

Referring to Gil's Hootenanny 2018, Goldberg says, "It seems especially important right now to be talking and singing about racism, indigenous issues,

women's rights, peace and human rights.

"If I can help create a feeling of belonging and possibility, I feel like I've done my job."

Gil's Hootenanny 2018 will take place on Tuesday, May 1, at 7:30 p.m. in the Clarke Room at the RA Centre, 2451 Riverside Dr. Staffed by UNIFOR members, the RA Centre is accessible, has ample parking and is well serviced by OC Transpo. Tickets are \$10 at gilshootenanny.ca and at Octopus Books (116 Third Ave.) and Metro Music (695 Bank St.). Kids are free. For more information on Eve Goldberg, go to www.evegoldberg.com

Spring into health with help of Na'amat fundraiser

BY TOBY HERSCOVITCH,
NA'AMAT CANADA OTTAWA

What better time to get back to healthy eating habits than after filling up during the Passover holiday. Na'amat Canada Ottawa offers just the right program for this time

period at its annual Spring into Health fundraiser on April 22.

This year the focus will be on shortcuts to preparing healthy and tasty meals and improving your strength and posture. Experts will demonstrate how to: cook once and eat for days; create delicious five-ingredient meals; and

develop a bodyweight and posture exercise program you can do at home. They will also answer your own health and fitness questions.

The presentations by nutrition and physiotherapy professionals will take place at This is Healthful, a multidisciplinary health education centre in Bells Corners. The company provides counselling and services in four pillars of health: healthy habits, essential eating, physical activity and mental hygiene.

All proceeds will go toward Na'amat services in Israel and Canada — from running daycares and schools for disadvantaged youth to supporting women's shelters, legal aid centres and scholarships — all of which improve the lives of women and families. Na'amat's work, which started even before Israel's formation, has contributed to Israel's growth and strength over the country's past 70 years.

Spring into Health takes place at This

This year the focus will be on shortcuts to preparing healthy and tasty meals and improving your strength and posture. Experts will demonstrate how to: cook once and eat for days.

is Healthful, 16-2150 Robertson Rd., Bells Corners on Sunday, April 22, from 1:30-4 pm. Healthy (and tasty) snacks and refreshments are included.

Tickets are \$25 and this event is open to everyone who wants to improve their health and eating habits.

To reserve a ticket, contact: ottawa.info@naamat.com or 613-788-2913. Tickets can also be purchased online at: <https://tinylink.net/SpringIntoHealth>

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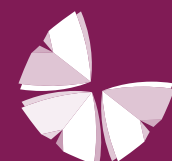
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Louise Robinson Best wishes on your special Birthday by Carol Gradus
Bill James Mazel Tov on your 80th Birthday by Shlomo and Marion Mayman
Louis and Lysette Kohn Congratulations on the birth of your beautiful grandson by Joy and Seymour Mender

In Memory of:
Lillian Laks by Patty Haas and Family, Lisa Sandell and Family and Annie Garmaise and Family

.....

Recreation Program

In Honour of:
Sylvia Freeman Mazel Tov on your special Birthday by Evelyn Eisenberg
In Memory of:
Pearl Kurtzer by Esther and David Kwavnick
Sylvia Monson by Esther and David Kwavnick
Lillian Laks by Ian and Melissa Shabinsky and Family,
Rabbi Allan Langner by Minda and Peter Wershof

R'Fuah Shlema:
Gloria Jean Nagy by Musica Ebraica

.....

Facilities Program

In Memory of:
Lillian Laks by Nate Israelson

.....

Therapeutic Program

In Memory of:
Lillian Laks by the Avery Family, David, Debra, Jonathan and Rachel Clodman, Bruce and Karen Bercovitch, Linda and Steven Kerzner, Jackie Lyons and Gary Stein, Dan and Rhonda Levine, Vera and George Gara and Family, Jeff and Felice Pleet, Morton and Sylvia Pleet and Harris

Continued on page 19

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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.



Donations, continued

From page 18

Pleet, Carol and Laurie Pascoe, Harold and Rosalie Schwartz, the Department of Social Work, Elizabeth and Jean Serge Richard, Stella and Sheila Beck, Judith Weinman and Family, Debra and Gary Viner, Annie, Steven, Mildred and Robin Wold, Elise and Scott Weiler and Daniel Wold

In Memory of:

Antoinette Capelle by Hannah, Getel and Lenny Silberman
Lillian Laks by Camp B'nai Brith Ottawa, Debbie and Howie Krebs, Ingrid Levitz, Eric and Joy Weisbloom, Barbara, Alex and Lisa Elkin, Stephen and Debra Schneiderman, the staff and Boards of the Lodge and LTC Foundation, Irwin and Audrey Kreisman, Lisa, Samantha and Rachel Levin, Davina Mills, Don and Anne Suss, Adam and Renelle Brown, Josh Engel and Nick and Donna Stanoulis
Sam Litwack by the residents, staff and Boards of the Lodge and LTC Foundation, Stephen and Debra Schneiderman and Sheila Bahar
Vita Winthrop by the residents, staff and Boards of the Lodge and LTC Foundation and Sheila Bahar
Doreen Rattew by the residents, staff and

Boards of the Lodge and LTC Foundation
R'Fuah Shlema:
Irma Sachs by Malca and Chuck Polowin
Myles Taller by Marilyn and Daniel Kimmel
Stephen Schneiderman by the Boards and staff of the Lodge and LTC Foundation and Irwin and Audrey Kreisman

In Honour of:

Marl Tolchinsky Best wishes on your birthday by Bill and Laurie Chochinov
Nanaho Kamei and Neal Cohen Mazel Tov on your marriage by Eli, Sharon, Melanee and Netanya Cohen
Norm Zagerman wishing you the best for Passover by Stephen and Debra Schneiderman and Marty Saslove
Bill James Happy 80th Birthday by Avraham Iny, John Tavel, Barry Baker, Michael Molot, Irving Swedko, Russell Kronick and Ron Spivak
Steve and Barbara Levinson Mazel Tov on the birth of your grandson by Debra and Stephen Schneiderman
Malka Feig Best wishes on your special Birthday by Golda, Ned, Noam, Leora and Yona and Jean (Jennie) Morin
Margo Rosen Mazel Tov on the 50th Anniversary of your Bat Mitzvah by Carl and Lorna Raskin

The Indian-Jewish chicken recipe you're going to crave

BY SONYA SANFORD

(The Noshier via JTA) – The vastness of the Jewish diaspora has gifted us with a wealth of interesting types of culinary mergers. Mukmura (or *Mahmoora*) is a dish of braised chicken and almonds in a slightly sweetened tangy lemon sauce. It can easily be made in advance for entertaining, Shabbat and holidays.

MUKMURA CHICKEN

Makes: 8 to 10 servings

Prep time: about an hour to 90 min.

4-5 lb. chicken, cut into 8-10 pieces

1 tsp kosher salt, or to taste

2-3 Tbsp oil

1 medium white or yellow onion, chopped fine (about 1½ cups)

2 large garlic cloves, minced fine

1 Tbsp fresh grated ginger

1½ tsp ground turmeric

1 cup water

¼ cup raisins, rinsed

¼ cup sliced or slivered unsalted almonds, without skin

¼ cup fresh lemon juice

1½ Tbsp agave syrup or 2 tsp sugar

2 Tbsp chopped fresh mint, or to taste

Lemon wedges, for garnish

1. Season chicken with a teaspoon of kosher salt.

2. On medium-high heat, heat a large Dutch oven or deep skillet with a lid. Add a drizzle of oil to the pot and then brown the chicken pieces on each side, about 2-3 minutes per side or until golden brown. Remove the browned chicken and reserve.

3. Over medium heat, add the diced onions to the same pot (adding an additional drizzle of oil if needed) and sauté until softened and beginning to turn golden but not browned.

4. Add the garlic, ginger, and turmeric to sauté for another 1-2 minutes.

5. Return browned chicken to the pot in a single layer. Pour the water over the chicken.

6. Bring to a simmer and then lower the heat and cover the pot for 20 minutes.

7. Add the raisins, almonds, lemon juice and agave syrup or sugar to the pot. If your water has significantly reduced, add a little more water so there's liquid in the pot. Cover with the lid again and simmer an additional 15 to 20 minutes, or until the chicken is cooked through with an internal temperature of at least 165°F.

8. Transfer chicken to a serving dish, pour the sauce over, and top with chopped mint and lemon wedges. Serve with rice or your favourite side.

www.TheNoshier.com.

Bess and Moe Greenberg Family Hillel Lodge

Get To Know Us

ADVERTORIAL



Dora and Sam Litwack

bumped in to them at shul, the JCC or another community function – they have both been active volunteers of Hillel Lodge for many decades before becoming residents.

They met in the mid 1950's when Dora was in her mid-teens and asked her mother to travel from Montreal, where they lived, to meet Dora's uncle (her mother's brother) Morris Berliner who lived in Ottawa and owned a car dealership. Dora hadn't met her uncle previously and her mother agreed. Mr. Berliner was excited to see his sister and his niece, but didn't know what he would do to entertain a young teenage girl, so he asked Moe Litwack (Sam's brother) to introduce Dora to a young man in Ottawa. Moe suggested his younger brother Sam. Sam and Dora's first date was in Ottawa, double dating with Moe and his wife. Sam and Dora were married a few years later on August 25, 1957.

As a teenager, Sam worked for the Mirsky family at Pure Spring. What you learn quickly when talking to Sam is that he isn't looking for recognition; he often changes the subject to his dear wife Dora. Ask him about his time serving on the Hillel Lodge Board and he'll tell you that Dora volunteered with the Women's Auxiliary of Hillel Lodge for over 50 years, including a time as the

If you've been a member of the Jewish Community of Ottawa in the last 60+ years, then you probably know Sam and Dora Litwack...or at least you have

Auxiliary President. Ask Sam about the Lodge's Sukkah that the Litwacks generously donated and he will tell you that when Sara Kizell who used to take care of the Sukkah moved to Florida, that Dora decided that she and Sam would provide the Sukkah and insure that it was decorated for the residents. Dora quickly added that Howie Osterer would bring the Jewish boy and girl scouts to help decorate the Sukkah.

Ask Sam about his time volunteering for the Va'ad Ha'ir and at Beth Shalom and singing in the choir for over 35 years, and he'll smile and humbly share with you that he did what he could and thankfully as business improved they could do more for the community. Then with a smile and wink he points to Dora's art and tells you "she's unbelievable, she never had an art lesson until she was over 40 years old. She has a gift".

Sam and Dora celebrated their 60th Anniversary at Hillel Lodge surrounded by their children and grandchildren, as well as many friends and family. Dora spoke beautifully about her husband, family and friends and the importance of being involved in the community and Hillel Lodge in particular, and at the Kiddush following services – Sam sang without musical background to the love of his life – Dora.

Sam Litwack (of blessed memory) passed away on March 22, 2018.

By Mitch Miller, Executive Director, Hillel Lodge LTC Foundation



It's the best and worst of times – as usual

Many remember the opening paragraph of A Tale of Two Cities by Charles Dickens:
It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity ... it was the spring of hope, it was the winter of despair.

I would venture to say, however, that just as many have forgotten an equally poignant set of polar-opposite perceptions: In 1957, then British prime minister Harold Macmillan marked the end of postwar gloom by declaring that “most of our people never had it so good.” But, 43 years earlier, in 1914, another British statesman, foreign secretary Sir Edward Grey, presciently remarked: “The lamps are going out all over Europe; we shall not see them lit again in our lifetime.”

Are we in a Macmillan moment or a Grey moment? Is it the best of times or the worst of times?

If you are not one to remember the opening lines of Dickens' great novel, or the musings of two obscure British political figures, maybe you remember the children's story of Chicken Little. It is the tale of the little chick that causes widespread panic when he mistakes a falling acorn for a piece of the sky. He goes about the barnyard crying that the “sky is falling.”

The chick sees events surrounding him and interprets them all to suggest that calamity is around the corner. Eventually everyone begins to see the world as Chicken Little sees it – catastrophe and chaos bearing down on all. I have often wondered whether this story was originally written in Yiddish. It seems to reflect the normative pattern of our Jewish world.

Take Israel, for example. When speaking of Israel,



RABBI STEVEN H. GARTEN

A VIEW FROM THE BLEACHERS

many are focused on the apathy among millennials. Many are focused on the Boycott, Divestment, Sanctions (BDS) movements on campuses or in government houses. Many are focused on the challenges posed to the values of North American Jewish and Israeli liberals by the Israeli government's support for policies that appear to reject cherished values of gender equity, equality and inclusion.

The ongoing conflict between the push of a small orthodox religious minority for a theocracy and the majority of Israelis for a democratic Jewish state takes up a significant amount of Jewish conversation. Many Jews are willing to place all the blame on Israel for the lack of progress toward a two-state solution. I could continue to enumerate the ways in which we Jews cry out that the sky above the State of Israel is falling.

Yet, in spite of grave security issues, Israel's advancements in science and technology are to be envied. Under a constant barrage of external threats, Israeli culture, literature, film, dance, music and theatre are all not just surviving, but flourishing. Despite attempts to paint Israel as an apartheid regime by the world's leftists and many members of the Jewish community, the rule of law reigns supreme for all citizens

of Israel. The truth is that, when it comes to dialogue about the state of Israel, it is both the “spring of hope” and the “winter of despair.” Those who are “lovers of Israel” see both sides simultaneously.

Nor do we have to travel thousands of kilometres to worry about threats to our survival. There is no dearth of *geshreying* about the state of the Ottawa Jewish community. Not enough children enrolled in Jewish schools. Not enough Jewish members of the SJCC. Not enough adults filling the pews on Shabbat. Too much Jewish poverty and too little response. Not nearly enough money donated to the annual Federation campaign. Too many “old” people making community decisions. The list of complaints is endless. Spend one hour on the community campus and you can fill an entire external hard drive.

Yet, here too, the opposite prevails. We are a community struggling against societal tides of accommodation, absorption and assimilation. Yet we have community institutions that continue to swim against those tides. Our Jewish schools still believe in their mission to preserve the Jewish people. Our university campus programs build pride and advocacy for our future. Both universities in town offer a rich assortment of Jewish learning opportunities. Our synagogues have swiftly replaced successful, but aging, rabbis with young and vibrant successors. Our community celebrations and observances may not have the perfect demographic mix, but they remain vibrant and inclusive for all.

The truth is that, here in Ottawa, it is the “age of foolishness and the epoch of belief.” I don't know that it ever was or ever will be any different.

Developing Future Leaders Program Carleton University Zelikovitz Centre

The Developing Future Leaders Program funds student interns to develop leadership skill through work placements in Partner Agencies in the Jewish Community.

Develop your leadership skills and gain valuable work experience through DFL paid internships.

Applicants must possess a basic knowledge of Judaism.

Apply now for Fall internships at carleton.ca/jewishstudies/developing-future-leaders-program/
Applications will be accepted beginning April 1

For more information, visit the website or email us at dfiprogram@carleton.ca
www.facebook.com/ZelikovitzCentre
Twitter: @ZelikovitzC

There must be 50 ways to get fit – for free

While the expression is “you get what you pay for,” you can access some excellent fitness resources for free: **Ottawa’s Rogers TV community channel** offers a variety of exercise programs that let you exercise conveniently right from your own home. “Yoga for Runners” with Donna Davis teaches introductory-level yoga. Megan Campbell’s “Yoga for Women” will get you feeling limber and relaxed, while the “Warrior Workout” provides a series of challenging exercises. “Better Strength Better Balance” offers safe beginner-level chair exercises for older adults. Most of these shows are offered daily, or at least several times a week. Check the schedule at www.rogerstv.com.

Exercise videos on YouTube are another free resource. *Caveat emptor*: YouTube performers aren’t vetted for competency. I’ve seen some incorrectly-demonstrated, potentially unsafe exercises online. Look for videos from qualified fitness professionals.

Free 12-week Better Strength Better Balance group exercise classes for adults 65 and older are offered in a number of locations throughout Ottawa and surrounding areas. For dates and locations, call the Ottawa Public Health Information line at 613-580-6744 or go to www.ottawapublichealth.ca and type “better strength better balance” in the search box at the top of the site’s home page. You’ll be able to search for a program near you.

Free yoga classes sponsored by lululemon athletica are offered from May through August every Wednesday from noon to 1 p.m. on Parliament Hill. What’s more zen than doing a downward dog in the fresh air and sunshine along with hundreds of like-minded people? Just take a mat and water bottle.

Other free yoga classes are offered in the Ottawa area



GLORIA SCHWARTZ
FOCUS ON FITNESS

as well. Several yoga studios offer yoga classes once or twice per week by donation. Some of these studios have a \$5 cash minimum donation; others leave it up to your discretion. Free yoga classes are also offered seasonally at Ottawa City Hall, Lansdowne Park and the University of Ottawa. Information is available at www.yogaland.ca.

Moms and babies can participate in free Mommy and Me Yoga on Tuesday and Thursday mornings at 10 a.m. on the third level of Bayshore Shopping Centre in Festival Hall. Fathers are welcome too. Children must be between eight weeks and three years of age. For details, contact Bayshore guest services at (613) 829-7491.

Free strollerize classes are offered at St-Laurent Shopping Centre on Mondays and Wednesdays at 9:30 a.m. Participants meet the instructor at Guest Services, which is near the Toys Y Us store.

Free Salsa Baby classes for parents and babies are offered at Ottawa City Hall.

Free one-hour strollerize classes are offered through the Boomerang Kids stores.

Free running and walking clubs are offered by The Running Room at several locations. Mountain Equipment Co-op offers some free running and walking clubs. Bushtukah Stittsville has a free trailing running group on Saturday mornings. Contact the stores for more information.

The Kanata Parkrun is a free five-kilometre timed run open to runners of all levels. It takes place every Saturday at 9 a.m. at the Beaver Pond Trail. Register at www.parkrun.ca (no cost) before you run the first time. Most of these clubs and groups are led by volunteers who love to share their passion with others, so you’re sure to have a good time.

Ottawa’s many tennis courts, indoor swimming pools and skating arenas can be used for a small fee. If you find the fees are an obstacle – they do add up for the whole family – the City of Ottawa offers a Hand in Hand recreation-and-culture fee support program for low-income individuals and families. To see if you qualify, go the City of Ottawa’s website at Ottawa.ca; type “hand in hand” in the search box on the home page. You’ll be able to print the application form; complete it and take it to your local recreation centre for approval.

The Ottawa Public Library has thousands of free books, e-books, audio books, videos/DVDs and magazines, many dealing with fitness topics.

Enjoy Sunday Bikedays between Victoria Day and Labour Day. Cycle, rollerblade, run or walk along the 52 kilometres of parkways, including the Sir John A. Macdonald Parkway and Colonel By Drive, which are closed to traffic between 9 a.m. and 1 p.m. on summer Sundays. On those days, the Gatineau Parkway and other parkways in the region are also closed to traffic from 6 a.m. to 11 a.m.

Free things involve give and take: Share or donate any wellness-related books or magazines that you’ve read and/or start your own walking club and experience the rewards. You can find free exercise resources and opportunities in every community; it just takes a bit of legwork (pun intended) to find them.

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A culture of compliance is the real problem

GUEST COLUMN
BARBARA OKUN

Stephanie Shefrin's recent column (Ottawa Jewish Bulletin March 5) is a welcome analysis of the effect of the #MeToo movement on the Jewish world. However, she misses the mark by confusing kinds of abuse with the causes of abuse. Human beings are competitive by nature, and some will use any means possible to attain an advantage over others. The subjugation of potential competitors through crude or cruel means effectively eliminates people from the pool. Ultimately, though, everyone suffers when those who might contribute to the well-being and progress of a society are effectively silenced and sidelined this way.

Furthermore, Jews are just like everybody else – we should not be surprised by the Harvey Weinstains of the world, but those who knew what he was doing and remained silent are the ones who rightly should feel shame.

Of course, not everyone will behave badly to achieve success. There are people who are so clearly able and qualified that there is no question they merit their positions. But lesser mortals may resort to other means to attain and achieve a position or status. It is hard for them, or us, to admit to this, since we like to espouse kindness, empathy and fairness in all our actions. But some people's underlying weaknesses compel them to use harassment or abuse, or to misuse their power.

Jews are just like everybody else – we should not be surprised by the Harvey Weinstains of the world, but those who knew what he was doing and remained silent are the ones who rightly feel shame.

Institutions, both large and small, often turn a blind eye to such transgressions, even though there may be strong regulations in place to prevent such behaviour. Those in the know may think that they can keep it under control or keep things under wraps. But by hiding such transgressions (a clear misuse of power), they enable the perpetrators and encourage them to continue. Other observers/witnesses may truly be helpless to effect change, or feel safe that they will not be affected.

Jewish society has often been cast as less affected by such behaviour. Our longstanding focus on shaping behaviour to achieve highly moral and ethical standards has borne fruit in many ways, based on the most basic of principles laid down by our ancestors – everything else is commentary, as we have heard so often.

Our ancient and complex religion requires a high degree of compliance, and that has created a cohesive group with shared values. But some aspects of modernity, particularly leveling the playing field in terms of pedigree, gender and other personal choices, makes very high demands that challenge this kind of compliance. The struggle to incorporate at least some of these changes within all major Jewish movements understandably results in friction when attempting to

accommodate changes that are seen as rapid. Acceptance of women in the Rabbinate, or even as part of a minyan, is just one example of this struggle.

In general, a culture of compliance can significantly affect women's participation and effectiveness. There may be no paucity of law or regulation, but simply prejudices and a lack of will to make changes. In the recent Larry Nassar scandal, one person at the top is quoted as refusing to comply with regulations being enforced by a female athletic director because "he would never work for a woman." Ultimately, corruption set in and permeated the institution at all levels. Canadian examples of similar events at the CBC, for instance, probably show us only the tip of the iceberg.

Psychologist Jordan Peterson has postulated that women often fare poorly in the competitive work world because they are too "agreeable" to negotiate these challenging job situations. But another reason may be that they understand it too well, and know that the current system is simply too stacked against them to succeed. Holding up examples of token women in particular positions as evidence to the contrary serves only to distract us from the truth.

Regardless of the abuse or misuse of power referred to in the #MeToo movement, Jewish institutions may indeed benefit from examining the limits often placed on women's roles, full participation and leadership. Simply dismissing women from the arena, for historical, cultural or religious reasons handily solves the issue for some – and turns a collective back on the rest.

Ottawa resident Barbara Okun has worked as a speech-language pathologist, cantorial soloist and Jewish educator in Canada and the United States.

Photographing the Posthumous Landscape in Western Ukraine

with photographer and filmmaker David Kaufman

David Kaufman has made numerous trips to Poland to document what he calls the Posthumous Landscape – Jewish historical sites in the post-Holocaust world. During this lecture, illustrated with photographic projections, Kaufman will discuss the precarious state of Jewish material culture in a part of the world that has largely forgotten about its illustrious Jewish past.

Sunday, April 22
10:30 am – 12:00 pm
\$10 at the door.



Russian Jewry and the Revolutions of 1917

with Professor Eugene Orenstein

In recognition of the recent 100th anniversary of the Russian Revolution, esteemed scholar and exceptional educator, Professor Eugene Orenstein, will speak on these fateful events with special emphasis on the effect upon and the role played by Russia's Jews. During his 39 year academic career in the Department of Jewish Studies at McGill University, Professor Orenstein specialized in modern Jewish social and intellectual history, with particular emphasis on the Jewish labor and socialist movement in Eastern Europe and North America.

Sunday, May 6
10:30 am – 12:00 pm
\$10 at the door.



WHAT'S GOING ON | April 16-29, 2018

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

ONGOING EVENTS

Seeing Israel through a feminist lens: Ottawa Women's Tour to Israel

April 22-May 2
Limited space remains for a unique tour of Israel. For details contact Paula Agulnik, agulnikpaula@gmail.com or yaffa.greenbaum@gmail.com.

Shabbat in the Heights Bus Trip

April 26-29
Info and RSVP: Devora Caytak, office.jewishyouthlibrary@gmail.com
Tavel by luxury coach to the Crown Heights neighbourhood in New York.

Please note, for more ongoing events, visit <https://jewishottawa.com/community-calendar>.

TUESDAY, APRIL 17

Yom HaZikaron

7-8:15 pm
Contact: Ella Dagan, edagan@jccottawa.com
Memorial ceremony for Israel's fallen soldiers and victims of terror. Sponsor: Vered Israel Cultural and Educational Program, SJCC, the Embassy of Israel.

WEDNESDAY, APRIL 18

Malca Pass Library Book Discussion Group

7:30-9 pm, Kehillat Beth Israel, 1400 Coldrey Ave.
Contact: Maureen Kaell, mkaell@rogers.com
Cost: \$5. "A Horse Walks into a Bar" by David Grossman will be reviewed by Rabbi Steven Garten.

Women's Torah Study with Rabbi Zuker

7-9 pm
Contact: rabbizuker@kehillatbethisrael.com
Takes place in Rabbi Zuker's home, space is limited. Please RSVP by email.

Celebration and Prayer in honour of Israel's 70th Anniversary

7:30-9:30 pm, Congregation Beit Tikvah of Ottawa, 15 Chartwell Ave.
Contact: 613-723-1800 or shul@cbto.org

A joint program with Machzikei Hadas marking Israel's 70th anniversary. Speakers: Rabbis Howard Finkelstein, Idan Scher and Reuven Bulka. Service conducted by Cantor Yair Subar. Dessert reception to follow.

THURSDAY, APRIL 19

Yom Ha'Atzmaut Flag Raising Ceremony

11 am-12 pm, City Hall, Marion Dewar Square, 110 Laurier Ave.
RSVP: Ella Dagan, edagan@jccottawa.com
In celebration of Israel's 70th anniversary. A bus will leave the SJCC at 10:30 am to take people to the event.

Yom Ha'Atzmaut

5-9 pm, SJCC
Contact: Ella Dagan, edagan@jccottawa.com
Community-wide celebration. Sponsor: SJCC, Vered Israel, JFO

SATURDAY, APRIL 21

Tot Shabbat - Celebrating Israel!

10:30 am-12:30 pm, Kehillat Beth Israel Congregation, 1400 Coldrey Ave.
Contact: rabbizuker@kehillatbethisrael.com
Enjoy special treats and celebrate Israel's 70th Birthday!

SUNDAY, APRIL 22

Photographing the Posthumous Landscape in Western Ukraine

10:30 am-12 pm
Contact: Roslyn Wollock, rwollock@jccottawa.com
Cost: Free. Talk, illustrated with photos by David Kaufman about the precarious state of Jewish material culture in Western Ukraine.

"Covenant: Then and Now"

1-2:30 pm, Sundays until May 6, 2018
Temple Israel, 1301 Prince of Wales Dr.
Contact: Dar Blue, blued@me.com
Taught by Rabbi Emeritus Steven Garten of Temple Israel. A survey course of what covenant means to some modern Jewish thinkers.

Movie & Nosh Night: "DeliMan: The Movie"

7-9 pm, Kehillat Beth Israel Congregation, 1400 Coldrey Ave.
Contact: rabbizuker@kehillatbethisrael.com
Cost: \$10 members/\$15 non-members. All are welcome.

Top 5 Threats to Israel's Security...and what Israel is doing about it

7:30-9 pm
Contact: Ilana Albert-Novick, ottawa@jnf.ca
Cost: \$18 advance/\$20 door. Avi Dichter, member of the Israeli Knesset for the Likud will present insight into Israel's security. Sponsor: JNF Ottawa

THURSDAY, APRIL 26

David Moskovic Testimony

7-9 pm, Barney Danson Theater at the Canadian War Museum, 1 Vimy Pl.
Contact: Mina Cohn, minacohn22@gmail.com
Video testimonial featuring David Moskovic, followed by a short talk on "The Enduring Importance of Eyewitness Accounts" by Professor Jennifer Evans of the Department of History at Carleton University.

SUNDAY, APRIL 29

An Evening of Inspiration - The CFHU Ottawa Scholarship Fund

7-9 pm, Canada Science and Technology Museum, 1867 St. Laurent Blvd.
Contact: Daniel Tor, dtor@cfhu.org
Cost: \$45. Canadian Friends of Hebrew University Ottawa Chapter launches a scholarship Fund supporting students at Hebrew University. Hear from accomplished students about their experience combining intensive reserve duty with their life in academia.

CANDLE LIGHTING BEFORE

APRIL 20	7:37	MAY 11	8:03
APRIL 27	7:46	MAY 18	8:11
MAY 4	7:55	MAY 25	8:19

BULLETIN DEADLINES

WEDNESDAY, APRIL 25	FOR MAY 14
WEDNESDAY, MAY 9	FOR MAY 28
WEDNESDAY, JUNE 6	FOR JUNE 25

* Early deadline: Community-wide Issue ** Early deadline: holiday closures (all dates subject to change)

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:

Samantha Molot

Glorianne Wittes

Toronto
(aunt of Shelli Kimmel)

Joe Murray

Samuel Litwack

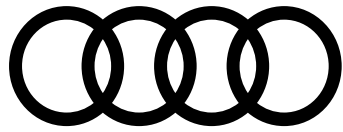
Abraham Neuman

Montreal
(father of Pat Neuman)

Vita Winthrop

May their memory be a blessing always.

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



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