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OTTAWA JEWISH BULLETIN

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There were few dry eyes at the April 13 press conference when the Tamir choir sang Louis Armstrong's 'What a Wonderful World,' led by Joel Yan.

HOWARD SANDLER

\$5.1-million Ontario grant to fuel Tamir project Ottawa's first Integrated Living Centre to benefit people with developmental disabilities

BY PAULINE COLWIN

Tamir saved my life," explains Barbara Grinfeld. Grinfeld is a "Tamir mom." Her son, Danny, a sociable, happy young man, has a "catastrophic epileptic syndrome," coupled with developmental disabilities. Just over a year ago, Danny, now in his early 20s, moved to a Tamir residence. For the Grinfelds, this was life-saving and life-altering. Not only is Danny thriving in a friendly, active and safe environment, but the immense 24/7 strain of caregiving has been lifted from the family. This is just part of the difference Tamir makes in people's lives.

Grinfeld shared her family's story after an emotional press conference on Friday, April 13, at the Soloway JCC where MPP Bob Chiarelli announced a \$5.1-million Ontario government grant to build Ottawa's first Integrated Living Centre (ILC), which will be operated by Tamir and located on the Jewish community campus. An additional \$2.5 million for the project was also announced by Myer Bick, Director of The Azrieli Foundation. The Jewish Federation of Ottawa is proudly



Lily Penso, the founding president of Tamir, looks over plans for the new Integrated Living Centre.

HOWARD SANDLER

donating the land, while the Ministry of Community and Social Services will be funding ongoing operating costs.

Tamir is a Jewish community agency dedicated to ensuring that people with developmental disabilities live with dignity and respect, explains Mark Palmer,

Tamir's executive director.

"Individuals with developmental disabilities face many challenges," Palmer told the more than 50 invited guests in attendance, including MPP Yasir Naqvi, Ottawa Deputy Mayor Mark Taylor, health-care representatives, Tamir and Federation board members, and community members.

"They are among our most vulnerable in society. Many need help with the basic activities of daily living, things you and I take for granted. They often have complex medical needs, but they want to find meaningful ways of engaging in society. Often, they are in desperate need of affordable supportive housing, a place to feel accepted and belong, a place to call home.

"At Tamir, we have made great efforts to plan a model which will offer affordable housing and support services to people in critical need. We want to offer this efficiently and effectively, within a fully inclusive environment."

Palmer expressed his gratitude to the government and explained that the new centre will "transform what Tamir can do for the community" by creating a
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Photos around town > p. 8 & 9

Chief Rabbi makes historic visit > p. 10



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Tamir: A model for the whole province

Continued from page 1

“welcoming, and integrated environment with 34 well-equipped and accessible apartment units, 45 beds, and a major day-services area.”

As a major supporter of the project, Bick, of The Azrieli Foundation, explained how his organization is dedicated to funding knowledge and understanding of our past, as well as ways to better our present and future. He expressed how the ILC was perfectly aligned with this philanthropic mission and how he was impressed by the hard work of all those involved.

Chiarelli, who also delivered a moving Yom HaShoah message from Premier Kathleen Wynne, shared his deep respect for the work undertaken by organizations like Tamir. He explained the \$5.1-million grant was the part of provincial funding of \$1.8 billion, to be made over three years to agencies in the developmental services field, marking “the single largest investment in the developmental services area in the history of the province of Ontario.”

“We want an Ontario where all people with developmental disabilities can live their lives to the best of their abilities. ... The Tamir Integrated Living Centre will help us do just that.”

The Jewish community, as a whole, was recognized by both Chiarelli and Naqvi, who congratulated the Federation, its social service beneficiary agencies, as well our community members, for our inclusivity, generosity and support of people with special needs.

Chiarelli explained that being at the SJCC for the announcement helped put the Jewish community’s work “into perspective.” He explained that the new ILC project is clearly the next building block in the vision of the Jewish community of Ottawa that began decades ago.

“I remember very well when this site was acquired,” Chiarelli said in reference to the current Jewish campus. “That initial vision has come to reality because of the tremendous leadership and generosity of the Jewish community of Ottawa. I just want to say how impressive it is ... and I am pleased I can be here to be part of another building block that benefits not only the Jewish community but



HOWARD SANDLER

Happy to join in the momentous announcement were, from left: Tamir Chair Richard Zuker, Ottawa Deputy Mayor Mark Taylor, Tamir Executive Director Mark Palmer, MPP Bob Chiarelli, Director of The Azrieli Foundation Myer Bick, Jewish Federation of Ottawa CEO Andrea Freedman and Chair of the Board of Directors of the Jewish Federation of Ottawa Hartley Stern.

the whole city of Ottawa.”

This sentiment was highlighted by a heart-warming performance by the Tamir Neshama choir, which brought many in the audience to tears as they sang “What a Wonderful World.” After the performance, choir member Debbie Wasserman, speaking on behalf of Tamir participants, stood in front of the crowd and spoke directly to the ministers:

“This is a dream come true; thank you from the bottom of our hearts.”

Certainly, the Tamir participants’ smiles were contagious and impressed upon all those present the real reasons behind the need for the ILC project – to ensure all people may live their lives fully and to the best of their abilities, in happiness and safety as a respected and dignified part of the community. This is the vision of Federation’s Jewish Superhighway with the goal of creating a network of meaning Jewish experiences and journeys where the entire community is interconnected and no one is left behind.

“For me, as a feeling, sensitive person,” Grinfeld sums up, “the best part of this project is that all families will get the help they need, like mine has.

From the Publisher: A shining example of collaboration and hard work, Page 7.

Voices

“Ladies and gentlemen, our Tamir ILC vision is something vibrant and alive, filled with services and opportunities, great hopes and practical help.

I asked Bob Thompson, Immediate Past President of Tamir and father of a young man with Angelman Syndrome, to describe what the ILC means to him and his family:

“We are not just building a building for Tamir,” he said. “We are building dreams for people. I am excited because the ILC, as a model for the entire community, will allow and encourage families to chase their dreams for their loved ones. To dream about and actually realize life in a safe, secure and welcoming environment with opportunity to live as full citizens each and every day.”

– **Mark Palmer,**
executive director of Tamir

“Many people have made the ILC vision come together. Many people in the public service, in the public health and social services, as well as people in political service. Note how the word ‘service’ applies to all of these people – we all share in the work of helping others, serving the needs of our community and our province. This project has also benefited greatly from advice and support of Brain Keshen, CEO of Reena, Tamir’s big sister organization in Toronto, and the chair of the Intentional Community Consortium.”

– **Richard Zuker,** chair of the board of directors for Tamir

“Who are we here today? We are mothers, fathers, sons, daughters, sisters, brothers, and friends within a community. We are bound by our DNA with infinitesimally small differences between us. We are bound by our community: our Jewish community, the city of Ottawa, province of Ontario, Canada. All true, but I submit what truly binds is here today is our set of values. A set of values which says we will ensure that those sisters, brothers, friends who by force of accident cannot advocate for the same quality of life as the rest of us shall not want for the support they need to enjoy all that we hold dear.

Today, I am proud to be a citizen of Ottawa, of Ontario and Canada. And I am indeed a very proud Jew.”

– **Hartley Stern,** chair of the board of directors for the Jewish Federation of Ottawa

“This is an exceptionally joyous and historic day and I thank you all for being part of it.”

– **Andrea Freedman,** CEO of the Jewish Federation of Ottawa

The Integrated Living Centre to be built on the Ottawa Jewish Campus will:

- create 34 apartment units, with 45 beds;
- operate a Supported Independent Living program (SIL) to help individuals live successfully in their own apartments;
- significantly expand respite care places, to help caregiving families;
- create transitional living capacity to assist individuals improperly housed in hospitals, long-term care facilities, or Ottawa Community Housing units, freeing up those beds and spaces;
- create a seniors’ living section for older individuals who can no longer manage meal preparation and other chores on their own.
- centralize and expand day services;
- create a seniors’ program to provide assisted living;
- create several rental units (at market rates) for non-disabled persons;
- benefit from educational, social and sports facilities in the nearby Soloway Jewish Community Centre.

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Remembering the past, protecting the future

Yom HaShoah ceremony brings candles, history and fresh insights to packed hall

BY LOUISE RACHLIS

‘Candle lighting is – yes – to commemorate and to remember,’ said Ruth Gottlieb Katz. “But, more importantly, each of the six flames must continue to burn brightly, as a beacon call to action by each of us.”

Gottlieb Katz was one of six Holocaust survivors who performed a moving candle-lighting ceremony on April 11 at the Soloway Jewish Community Centre to begin the 2018 Yom HaShoah community commemoration. Born in Berlin in 1927, she, along with her fellow survivors, brought unique insights to the occasion.

“We are all responsible for being informed, and for taking positive, ongoing actions to continue fighting anti-Semitism in all of its many manifestations,” said Gottlieb Katz in an interview before the event. She noted that anti-Semitism has increased in Canada over the past decade, with spikes in vandalism, attacks, boycotts and hate-incitement.

“Each of the six candles represents one million murdered Jewish civilians,” she said. “All were individuals. Each had their own life, and story. They included 1.75 million babies and little children.”

Gottlieb Katz, who had a 48-year career teaching children in Quebec, then more years teaching adults after she and her family moved to Ontario in 1975, said anti-Semitism was rife in Canada from the 1930s to the 1960s.

“Canadian public policy and academic boards kept six million capable contributors to Canada’s economy out of our country. They kept brilliant minds out of our universities. Anti-Semitism is to the disadvantage of the world.”

She was joined in the candle lighting by fellow survivors Judith Balint, David Moskovic, Sue Eldridge, Dora Goldman and Emmy Glass Gitzi. Shoah committee chair Debbie Halton-Weiss read about each of their lives, while photos were projected on the screen.

“Tonight we stand as witnesses together,” said Halton-Weiss.

The evening also marked the 30th anniversary of the creation of the annual March of Living, in which teens and young adults from all over the world visit Poland and Israel to bear witness to the tragedies of the past. Dani Taylor, who participated in 2015, talked about how she is “still processing” what she saw and learned on her trip.

“The power of the March of Living comes from stories,” she said, noting that her experience started with sadness and despair, followed by anger and frustration. Now, she said, she has a new determination to stand up to any hatred she witnesses today.



March of the Living participant Maya Avni and Holocaust survivor Ruth Gottlieb Katz participate in the candle lighting.

The theme of remembering history continued with the presentation of “The Mitzvah Project” by Roger Grunwald. In his one-man play, co-authored and directed by Annie McGreevey, Grunwald brought several characters to life, complete with various accents, to illustrate the history of tens of thousands of German men known as *mischlings*, the derogatory term the Nazis used to characterize those descended from one or two Jewish grandparents who served in Hitler’s army. He followed his play with a talk and visual presentation expanding on his theme.

He asked his Ottawa audience how many had been familiar with Germans of Jewish descent who served Hitler. A few hands were raised.

“I myself had no idea,” he said. He noted that Field Marshal Erhard Milch

was a half Jew, one of many who was “Aryanized.” Hitler alone had the power to grant a “declaration of German blood” for those who looked Aryan enough.

In 1933 in Germany, Aryans caught having relations with non-Aryans were punishable by death, noted Grunwald, adding that, sadly, the United States had a long history of promoting the same thing. “It was the American eugenics movement which provided inspiration for the Nazis’ forced sterilization.”

Grunwald also spoke of philosopher Moses Mendelssohn, who inspired other German Jews to follow the path to assimilation.

“Between 1800 and 1900, more than 70,000 German Jews converted to Chris-

tianity,” he noted.

“Most of us are taught some variation of ‘us’ and ‘them,’ but there is no longer – if there ever was – ‘pure’ anyone. We’re all an amalgam. We’re all *mischlings*. The ‘other’ is ‘us.’”

Allan Shefrin read “A Prayer for Yom HaShoah,” composed by British Chief Rabbi Lord Sacks. A portion of the prayer said:

Today, on Yom HaShoah, we call on You, Almighty God, to help us hear Your voice that says in every generation: Do not murder. Do not stand idly by the blood of your neighbour. Do not oppress the stranger. We know that whilst we do not have the ability to change the past, we can change the future.

Allan Taylor

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Jewish Family Services of Ottawa is pleased to offer an information session for Holocaust survivors and their families on the following:

COMPENSATION PROGRAMS ADMINISTERED BY THE CONFERENCE ON JEWISH MATERIAL CLAIMS AGAINST GERMANY

The Claims Conference's mission is to "provide a measure of justice for Jewish Holocaust victims."

Ms. Deborah Kram, Claims Conference Client Outreach Manager, will be in Ottawa to provide an update on the various compensation programs. For example, survivors who received a one-time payment in the 1950s or 1960s may be entitled to an additional payment.

She will also be available to answer general questions, and to meet one on one with individuals regarding specific concerns. *

DATE: Wednesday, June 13, 2018

TIME: 1:30 pm

**LOCATION: Jewish Family Services,
2255 Carling Ave., 3rd floor**

**ADVANCE REGISTRATION IS REQUIRED
by noon on Monday, June 11**

**RSVP: Iris Beer MSW RSW, Coordinator
Assistance Programs for Holocaust Survivors
613-722-2225 x311 or ibeer@jfsottawa.com**

* Please indicate if you would like a private appointment with Ms. Kram at the time of registration.

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WE NEED TO SPEAK UP FOR BETTER PASSOVER PRODUCTS

To paraphrase both Andrea Freedman and Rabbi Garten, I am writing this letter with one foot in the arena and one foot in the bleachers.

After being away for an extensive period, I shopped at the College Square Loblaws Kosher department prior to Passover. To my dismay I was shocked at the disarray that appeared before my eyes.

Before I proceed, let me say that I feel eminently qualified to express a professional opinion on this topic in that I was the first Kosher manager of the flagship store launched by Loblaws. During my tenure, my mandate was to ensure a good selection of product, to see that shelves were well stocked and that personalized service was offered to the Community. By and large, I believe we accomplished these ideals.

Having said that, the current standards fall short.

Previously, I have had conversations with the department managers and the director of the Vaad HaKashrut. Managers have expressed their frustrations to me. Rabbi Teitelbaum seems unable to access any support from the Loblaws organization.

Interestingly enough, when Kollel

first arrived in Ottawa, one of the factors in drawing them to our city was the access to Kosher food.

Let me provide two other noteworthy facts. The Kosher department serves other ethnic communities besides ours. Secondly, store management has commented that "traffic" has decreased. Of course – because customers have been forced to shop out of town.

In previous years, prior to Passover, an area was cleared, lined with paper and labelled to indicate Passover products. This year the Passover products and *chometz* were mixed together. When I questioned the Mashgiach on duty, he simply shrugged his shoulders.

I could detail many other deficiencies, but I won't because *everyone* knows what they are.

I've always been told that we need to be grateful because otherwise we will lose our only Kosher access.

I say we get what we deserve if we don't speak up. We deserve better and we need to speak up – to the store manager, to the director of the Ottawa Vaad HaKashrut, to the President of Loblaws, to Galen Weston!

Going out of town to shop is not the solution. Let's make it great here!
Alyce Baker, Ottawa

How Washington D.C. got a bunch of new kosher restaurants

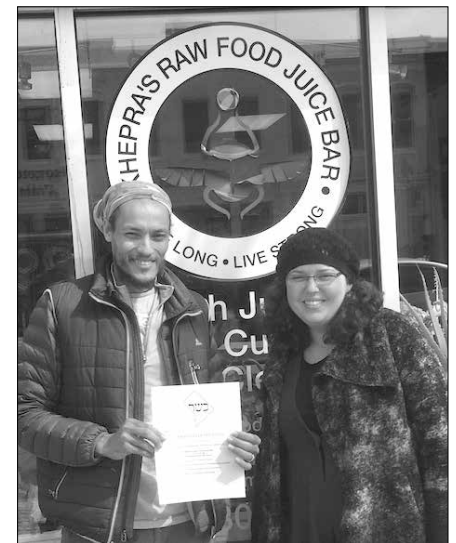
(JTA) – For years, the U.S. capital had only one full-fledged kosher restaurant. But as of mid-April, that changed.

The clergy at Ohev Shalom-The National Synagogue, a Washington D.C. Modern Orthodox congregation, have given kosher certification to three vegan restaurants in the District, along with two others in the suburbs. Leading the effort is Maharat Ruth Friedman, a member of the synagogue clergy, along with synagogue Rabbi Shmuel Herzfeld.

"We have never seen such a positive response to anything we've done in our life," said Herzfeld. "People are clamouring for more opportunities and ways to eat kosher. Basically, the job of the religious leaders of synagogues is to help our congregants keep Jewish law, so we felt this is something we could do for the community."

For more than a decade, D.C. had only one kosher restaurant. But now, the number of kosher restaurants in the District where you can sit down and order a full meal has tripled.

"I think it's a really interesting process," said Friedman, who was ordained at Yeshivat Maharat, the



Maharat Ruth Friedman with the manager of Khepra's Raw Food Juice Bar.

first institution to ordain Orthodox women as clergy. "I've been a vegetarian for 23 years, and it's very important to me personally that were making food that is healthy and that doesn't mistreat animals more available to me."

Vegan restaurants are a natural fit for kosher certification because they don't serve — and therefore don't mix — meat and dairy products.

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FEDERATION REPORT



DEBBIE SCHARF, CHAIR OF TORAH DAY SCHOOL



EVAN GREEN, VICE-CHAIR OF TORAH DAY SCHOOL

Torah Day School of Ottawa is a school we are extremely proud of. Not only because we are board members who are deeply committed to its success, but because each and every day we see the results of the school in our own homes with our respective families.

Every day, our children impress us with what they are learning, how much they already know, and what questions

they are asking and reflecting on. Not only is the Judaic education deep, rich and meaningful, but our students also excel in math, science, social studies and reading.

There is much to love about Torah Day. Here are some of our favourite moments:

- A five-year-old reading the Haggadah fluently in both English and Hebrew, singing French songs, knowing

Our pride in our school

the entire Passover story, all the songs, and all the symbols.

- An eight-year-old son and 10-year-old daughter reading Hebrew more fluently than almost everyone at the table (other than their father!), with deep explanations of the Pesach story and strong understanding of the complex Jewish history.

- A 10-year-old near-fluent in French and an eight-year-old who can no longer be kept out of the adult conversation that used to be held in French in order to keep it for “adults only.”

Torah Day is more than just a “Jewish school.” Besides a rich academic and Judaic curriculum, our school offers a wide range of hands-on activities, field trips and extracurricular programming that has students skating in the winter, playing soccer outside in the spring, learning taekwondo after school and learning about all Canadian provinces and territories in a unique way. Our students also participate in provincial

social studies, writing and math competitions, after-school science programs and online math programs with great success and acclaim.

Rooted in our love of Torah, our school offers a warm, welcoming and caring learning environment for Jewish children of all backgrounds and affiliations.

Our trilingual school offers small class sizes, individualized attention and qualified, caring, innovative teachers. More than 25 per cent of our students are enrolled in our Extended French program, offering social studies and science taught in French.

Our parent-teacher association organizes activities throughout the year, reinforcing a strong family connection.

If you are looking for a school that has an excellent academic program, strong Judaic and Torah-based curriculum and an involved parent body, we invite you to arrange a visit. Please contact Torah Day at 613 274-0110.

FROM THE PULPIT



RABBI MENACHEM M. BLUM TORAH CENTRE CHABAD

My wife Dina and I had the privilege to lead a delegation from our Ottawa Jewish community to Israel last month. We joined 800 participants from around the world on the Jewish Learning Institute’s Land and Spirit Israel Experience 2018.

During this most uplifting mission we visited sites and archeological digs that span the full gamut of Jewish history, from Biblical times through to modern-day Israel. The noticeable historical pattern that runs through our history never ceases to amaze me. As you navigate through the painful history of the Jewish people, it becomes clear that after every calamity we experienced, we somehow reinvented ourselves. Every tragedy gave birth to new beginnings. At every step of the way, we discovered some hidden strength and spirit that fueled a rebirth of Jewish life.

After the division of the Jewish monarchy after the death of King Solomon

Israel and the pattern of Jewish history

came the great era of the prophets. Out of the destruction of the First Temple and the Babylonian exile came the renewal of Torah in the life of the nation through Ezra who led the people back to Israel and built the Second Temple.

From the destruction of the Second Temple and the terrible massacres committed by the Romans came the greatest body of literature of rabbinic Judaism.

Out of the Crusades, new Talmudic scholarship emerged from the house of Rashi and Tosefot. Following the Spanish expulsion came the revival of Jewish mysticism and Kabbalah in Safed.

And, from the most horrible tragedy of all, the Holocaust, came the rebirth of the Jewish people and modern Israel when we were able to settle on and govern our homeland once again.

Our sages tell us that this ability to turn adversity into opportunity comes from a lesson we were taught at the beginning of our history as a nation. Right before we left Egypt, G-d commanded us to keep a lunar based calendar as it symbolises our journey and our destiny as a people. The waning and waxing of the moon mirrors the ups and downs of Jewish history. The waning moon represents the challenging times when it seems to get darker and darker, like the diminishing moon. But just as the moon vanishes, when all seems bleak and lost, we experience rebirth, newfound life – a new moon has been born.

We have had our golden ages, times of peace. However, we have also had our share of dark times of persecution. As we kept our lunar calendar throughout history, the moon always reminded us that, no matter how dark it gets, we will always find new energies to renew ourselves. We will always come bouncing back with fresh vitality and strength. Our people always felt that even as their moon seemed to have disappeared, it really meant that it would soon be “reborn.”

Seeing Israel today makes it clear that this message continues to fuel its development. You can see it in the creative ways Israel finds to make the Negev desert bloom and in the trees and forests they plant in other barren areas throughout the land. You can see it in the military technologies that Israel develops because it faces hostile armies on all their borders. This technology is then used in other peaceful and productive fields.

The brightest minds of Israel doing intelligence work to protect the country are responsible for the high-tech start-up powerhouse that Israel has become. The reality of war and terror forces Israel to develop medical expertise and world-leading skills in dealing with the aftermath of trauma.

Israel finds ways of turning every challenge into an opportunity and every curse into a blessing. This a lesson that we can all apply to our daily life as we navigate through its ups and down.

Am Israel Chai Vekayam!

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FROM THE PUBLISHER



ANDREA FREEDMAN

Tamir's Integrated Living Centre is shining example of collaboration, hard work

ish Federation of Ottawa, to bring their vision to reality. It has taken time and persistence, but by 2020, we will all see and benefit from this project.

This collaboration of people from the developmental services field, the political arena and the community is a shining example of what we can all accomplish when we work together. Going forward we can take inspiration from what Tamir's collaboration has achieved with the knowledge that together we can reach our goals and help address other areas of need in our community.

Virtually whenever I can, I speak and write about the Jewish Superhighway – interconnected, meaningful experiences and Jewish journeys, where Jewish life is vibrant and no one is left behind. The Jewish superhighway is about forward-thinking investments in our community, like Tamir's Integrated Living Centre (ILC).

Let me share three thoughts:

First, compassionate care for our most vulnerable is a key tenet of the

Jewish Superhighway. Just as Federation's Annual Campaign has changed over time, so has the field of health services. Tamir's development of the ILC's model of comprehensive care, and even incorporating some housing for seniors as part of the project, is an important example of the evolution of the industry. The hope is that this becomes the model for Ontario.

Second, the Jewish Superhighway is about inclusion. It has been said that the true measure of any society is how it treats its most vulnerable members. By this standard, the entire community should take enormous pride in Tamir's ILC, which will not only expand care for people with disabilities and seniors, but will bring them into the centre of our communal life by operating right in the midst of the Jewish campus. Residents and clients will be able to benefit from the proximity to the Soloway JCC and be able to join in community programs and social events. The ILC itself will offer a community hub for our entire

community with new facilities and fresh opportunities for engagement among individuals and organizations on campus.

Finally, the Jewish Superhighway is about raising the bar – raising the bar so that we can do business differently, so we can do business even better. I can think of no better way of launching our vision of the Jewish Superhighway than by celebrating Tamir's ILC! Mazel tov to all those who worked so hard to make this happen.

WELCOME BACK, MICHAEL!

While I have enjoyed writing this column for the Bulletin, I am truly delighted to cede the space back to our editor Michael Regenstreif who has sufficiently recovered from surgery and is ready to take back the reins. We missed Michael and are grateful to interim editor Laura Robin and Federation's communications director Pauline Colwin for doing all the heavy lifting the past few months.

By now, I hope you have read the wonderful news about the \$5.1-million grant from the Ontario government and \$2.5 million from The Azrieli Foundation to build Tamir's Integrated Living Centre on the Jewish community campus. This is exciting news for Tamir and our entire Jewish community. The announcement of \$7.6 million in new funds flowing to Tamir and Ottawa's Jewish community is epic, and I am not overstating the case.

Tamir had a bold vision for a new model of how best to support individuals with development disabilities. They worked extremely hard, with a handful of key stakeholders, including the Jew-

IDEAS AND IMPRESSIONS



JASON MOSCOVITZ

Michael Moore's movie proves prescient 30 years later

was also the proud birthplace of the United Auto Workers Union. Michael Moore's father and many other of his family members worked for GM. Everyone did.

Flint was where General Motors made Cadillacs, Buicks, Chevys and GMC trucks. GM made motors there, it made spark plugs and it made the Fisher bodies for the cars in Flint.

For many years, Flint epitomized what made America great – lots of well-paying jobs for lots of people. Such as 30,000 people in Flint.

In the mid-1980s, GM started to close some of the plants in Flint. In a few short years, the company closed them all, claiming the factories were too old and too expensive to modernize. The company started making cars in Mexico because there was no union there, no benefits, no pensions, and lots of cheap labour.

The documentary was called "Roger and Me" because Roger Smith was the president of General Motors at the time of the Flint plant closings. An important theme of the movie was Moore's ill-fated frequent attempts to get an interview with Smith to explain why his still-profitable company decided to wipe out a city, leaving

30,000 people and their families with nothing but a deputy sheriff at their doors who was throwing them out of their residences because they couldn't pay the rent.

Moore vividly demonstrated the beginning of the gigantic divide between the haves and the have-nots in the United States as he tried to track down Smith in the exclusive golf club and the posh yacht club to which he belonged. He and his camera crew were quickly shown the door by security staff. Moore was not welcome, but it was the questions he was asking that were really not welcome.

The now-famous rust-belt syndrome, that ugly legacy of the 1980s, made Flint a sad, depressing precedent for what happened in so many other American cities as manufacturing jobs disappeared in the night, turning good places into cities and towns where crime and destruction overtook the streets.

I wanted to see "Roger and Me" again in 2018 because I thought it would tell me more about the down and out people who voted for Donald Trump in 2016. In fact, it told me so much more than I could have imagined. It is amazing to think a 30-year-old documentary could endure the test of time

so brilliantly.

What is shocking is that it took three decades for the victims and their families to rise up and scream loud enough to be heard – their lives had become so sad, so desperate, so hopeless. That collective scream is why Donald Trump is now the president of the United States.

Thirty years is enough time to know whether or not things are going to get better. Today, Flint is a basket case. As Moore's movie shows, all attempts to revitalize the city failed miserably. The politicians had it all wrong as they threw good money after bad, as they faced one revitalization failure after another.

Today, Flint is the city that recently had lead poisoning in its main water supply. It is the city where Netflix produced a 10-part documentary series on police attempts to tame its murderous gangs, which have taken over whole neighbourhoods.

There are too many Flints in the United States. Too many U.S. cities and regions have been wiped out, boarded up and deprived of hope.

There were certainly enough Flints in 2016 to have made Donald Trump look good in an election.

It seems like forever ago that I first came across the documentary work of Michael Moore. I had rented a cassette at Blockbuster (that's how long ago it was) so I could watch his first movie, called "Roger and Me."

I recently downloaded it from the Apple store and I liked it even more 30 years later.

Back in 1989, as a broadcast journalist, I was blown away by how personal the movie was. I couldn't believe how well written it was. I couldn't believe how good a storyteller Moore was.

Moore wrote "Roger and Me," he voiced it, and he played the leading role in the documentary as he recounted what had happened to Flint, Michigan, the city he grew up in. Just north of Detroit, Flint was the city that General Motors put on the map. Flint

Passover and Mimouna around town



The Sephardi Association of Ottawa held a Mimouna celebration at the Soloway JCC on April 8. Shown here are Gladys Zarecki, left, Viviane Ohana, centre, and Maya Benhamou. The celebration is held the day after Passover, marking the return to eating chametz. The Mimouna celebrations originated in Jewish communities in North Africa, primarily in Morocco. The name comes from Rabbi Maimon ben Yosef, the father of the Rambam, who passed away on the day after Passover. Another derivation says the name came from the Hebrew word *emuna* (faith). A third derivation says the name comes from the Arab word for “wealth” or “good luck.”

COURTESY OF HOWARD SANDLER



COURTESY OF IRVING OSTERER

On Thursday, April 5, Merivale High School’s Jewish Culture Club held its annual Matzah Brei Fry. The students were able to ask questions about Passover traditions in the Jewish community. Suffice it to say that mass quantities of matzah were consumed.



COURTESY OF IRVING OSTERER

Merivale High School’s annual Matzah Brei Fry event was open to the whole school community. Here, teacher Irving Osterer is joined by trustee Donna Blackburn, centre, and parent Nina Jason-Byerley.

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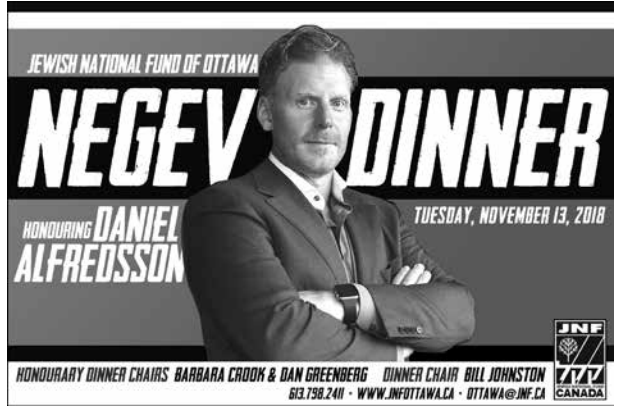
Two contributors to JNF Ottawa are organizations whose contributors do the mitzvah of tzedakah together: the minyanaires at **Kehillat Beth Israel (KBI)** and the students at the **Ottawa Jewish Community School (OJCS)**.

KBI's morning minyan is made up of a committed and enthusiastic core group of men and women. KBI puts out donation boxes, including one for JNF. According to one of KBI's regular minyanaires, "Donations are made by at any time during the morning service. Both regular attendees and those present observing a yartzeit make contributions. A few coins a day add up to a significant yearly donation."

The OJCS also has a strong relationship with JNF Ottawa. JNF-KKL Shlichim (emissaries) visit the school when in Ottawa and the school staff and students are keen participants in the annual JNF Tu Bi'Shevat campaign. For the past two years, the student council has donated their Dress Down Friday donations, in the month closest to Tu Bi'Shevat, to JNF Ottawa. Ben Shapiro, the 13-year old Student Council President says, "Our advisor suggested to consider Jewish holidays and charities that intertwine. JNF is a huge supporter of Israel and that's vital for OJCS. JNF doesn't just take care of the land, it also teaches students about Israel and the environment that surrounds it. This is extremely important for future generations."

Thank you and Kol Ha'Kavod to both these institutions and their members. Of course, a hearty toda rabah to all donors, big and small, who contribute to JNF Canada's ongoing campaigns building the State of Israel.

If you have a JNF story to share, please email it to Ottawa@JNE.ca. If you have a JNF Blue Box at home, now is the time to bring it in: Be eligible for a tax receipt (for donations over \$18 in 2018) and start a new JNF Blue Box. Please remember to include your name on your JNF Blue Box in case you are eligible for a tax receipt.



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When Israeli Ambassador to Canada, Nimrod Barkan, right, hosted an event on Parliament Hill to celebrate Israel's 70th Independence Day, Yom Ha'atzmaut, Canadian Minister of Public Safety, Ralph Goodale, left, spoke warmly about the Canada-Israel relationship and his past trips to Israel. Ambassador Barkan said: "As I look around the room tonight, I see the great friendship between our two countries reflected in all of you. I see a friendship that is multi-partisan, rooted in shared values, co-operation, and buttressed by our strong-people-to-people ties."

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On Yom Hazikaron, candles were lit at the Veterans' Memorial at the Jewish Memorial Gardens to honour those who died to protect Israel.



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Editor's Note: The Ottawa Jewish Bulletin accepts submissions on a wide variety of topical issues and viewpoints with the goal of supporting and encouraging a vibrant and inclusive community and healthy dialogue. As "a force for constructive communal consciousness," the Bulletin believes that, as a community, we are made stronger by sharing and debating a range of views and engaging with those with different perspectives. As such, the Bulletin urges readers to engage fully in communal life and events and to be open to hearing all sides and opinions.

Chief Rabbi of Israel makes historic first visit to Ottawa

GUEST COLUMN
RABBI ELAN MAZER

The Jewish community of Ottawa will have the honour of meeting the Chief Rabbi of Israel, Rabbi David Lau, on his first official visit to Canada on behalf of the State of Israel. This will be the first time ever that a sitting Chief Rabbi of Israel will be in Ottawa.

Rabbi Lau has been the Chief Rabbi of Israel since 2013, having been the youngest ever, at 47, to be elected to the position. Upon assuming his new role, his message was clear: "We need to focus more on what we have in common and create unity in the Jewish world." Rabbi Lau previously served as the

Chief Rabbi of Modi'in-Maccabim-Re'ut and of Shoham in Israel, and is a reserve major in the Intelligence Corps. Rabbi Lau was the first rabbi in Israel to teach Jewish philosophy over the Internet. Since 1999, he broadcasts a daily radio program, "Jewish Point," and since 2006, he has appeared every Friday on the TV show "Ask the Rabbi." In 2014, Chief Rabbi Lau hosted Pope Francis in Israel and discussed bringing together global religious leaders to combat hate by educating people in tolerance and love.

In Ottawa, the Chief Rabbi will participate in meetings with Parliament and in a meeting hosted by the Jewish Federation of Ottawa with community leaders. The Chief Rabbi will address the first joint school assembly between the Ottawa Jewish Community School (OJCS) and Torah Day School, demonstrating the unifying power of his historic visit.

"I am very excited to host in Ottawa one of Israel's highest representatives of the Jewish people," said Bram Bregman, co-chair of the visit. "The events planned will bring together our community in a special way to celebrate the 70th Yom Ha'Atzmaut."

Last year, Rabbi Lau asked Jewish communities around the world to donate Torah scrolls to army bases in Israel, and the Canadian Jewish community participated. On Thursday, May 3, at 4 p.m., Chabad of Centrepoinette and the Soloway Jewish Community Centre will be hosting their annual Lag B'Omer Event that will include a Grand Unity Parade with floats and marching bands to walk united and in solidarity with Israel and the Chief Rabbi with one of the newly dedicated Torah scrolls.

The main event will be May 3 at 8 p.m. at Congregation Machzikei Hadas, where the Chief Rabbi will be discuss-

ing "Israel at 70: A Proud Past, a Bright Future." Nimrod Barkan, Israel's Ambassador to Canada, as well as Sara Vered, who fought in Israel's War of Independence, will also share what this topic means to them. One of the highlights of the evening will be an open dialogue between Rabbi Reuven Bulka and Rabbi Lau on critical issues handled by the Chief Rabbinate.

"This is a great opportunity to meet a man who has endeared himself to the people of Israel through his dedication and devotion," says Rabbi Bulka. "In particular, he has been of such profound comfort and solace to families that have suffered grievous losses due to ongoing terrorism."

The visit of the Chief Rabbi is being sponsored by Mizrachi Canada and generous local donors.

Rabbi Elan Mazer is the National Director of Mizrachi Canada.

My Jewish Ottawa is an inclusive and diverse community

GUEST COLUMN
BEN TATHAM

I am proud to be a part of the Ottawa Jewish community, in all of its diversity. Our city proudly boasts many options for different Jewish practice. Our Jewish community comes together to

perform good deeds on Mitzvah Day; comes together to celebrate Yom Ha'atzmaut; has cross-denominational supplementary and day schools; and our multiple rabbis from different congregations listen respectfully to one another and discuss what is best for our community.

I wish to raise awareness about an upcoming event, so that members of our Jewish community may decide for themselves whether they wish to attend and show support. Rabbi David Lau,

Ashkenazi Chief Rabbi of Israel, is coming to Ottawa to speak.

In June 2017, the Israeli government reversed its earlier decision to officially recognize a permanent mixed-gender prayer area at the Kotel. Rabbi Lau was instrumental in the deal-breaking, having issued a letter stating that it is entirely forbidden to hold mixed prayer at any site of the Western Wall, closing the door to so many who wish to share in family *simchas* together, as they wish. In addressing the backlash, Rabbi Lau said "In the past two weeks, we have been exposed to lies, that American Jews are tearing themselves away from Israel. 85% of American Jews have never stepped foot in Israel." The insinuation is that the views of North American Jewry on Israel do not count.

Rabbi Lau lacks respect for any form of Judaism that is not Ultra-Orthodox. In December 2015, when the Minister of Education and Diaspora Affairs, Naftali Bennett, visited the Conservative Solomon Schechter day school in Manhattan, Rabbi Lau stated: "To speak deliberately with a specific community and to recognize it and its path, when the path distances Jews from the path of the Jewish people, this is forbidden. If (he) would have asked my opinion before the visit, I would have said to him explicitly: 'You cannot go somewhere where the education distances Jews from tradition, from the past, and from the future of the Jewish people.'"

These words will not unite the Jewish community, and they will not inspire a love of Judaism and Israel.

In the summer of 2017, the Chief Rabbinate released a list of 160 blacklisted diaspora rabbis, including many Orthodox, whom they do not trust to confirm the identities of Jews, which affects both Jews by birth and Jews by choice. The result is the undeserved tarnishing of many rabbis' reputations. Query whether these tactics serve also as an intimidation tactic for any rabbis in the future who may have wanted to speak out against a particular Chief Rabbinate policy. There has also been an exponential spike in the Chief Rabbinate revoking the "Jewish" status of Israelis over the past two years, making them unmarriageable in Israel. These Israelis did not even apply to the Chief Rabbinate for anything; it is more or less a witch hunt.

Attending Rabbi Lau's event to hear his perspective of Israel's future is an endorsement of his philosophy to exclude a vast majority of Jews. As an alternative, on May 3, I plan on getting together with other Ottawa Jews; we may watch an Israeli movie, eat delicious Israeli food, fundraise for a favourite inclusive organization, or just have a meaningful and respectful discussion about questions facing Judaism today and how we can make the world a kinder, more inclusive place.

Ben Tatham is a dedicated Ottawa Jewish community member.

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A physician's wish for health, peace and security

GUEST COLUMN
HARTLEY STERN

I first visited Israel in 1986, working with local surgeons on techniques to avoid using external colostomy bags, thereby improving the quality of life for patients, particularly young adults. The health-care system in Israel at that time was good, but it lacked some modern techniques and infrastructure. Since then, over a mere 30 years, this picture has changed radically.

Today, because of clear planning, vision and leadership, Israel has one of the most efficient and effective health-care systems in the world. It operates at a fraction of Canada's health costs. Most notably, Israel uses electronic communication to fully integrate primary and hospital care in a type of coherent medical model that has eluded many Western countries.

The medical advances in Israel have been extended globally, with benefits shared with friendly countries and even with so-called "enemies." (I say so-called "enemies" because for a doctor, a patient is a patient, whatever the nationality.)

Two examples stand out. After the terrible Haiti earthquake in 2010, the emergency mobile health unit sent from Israel was by far the most effective trauma care unit to assist ordinary Haitians. Today, on its northwestern border, Israel offers remarkable humanitarian medical care for Syrian victims in that country's awful civil war.

In public health, Israeli innovators are using nanotechnology to recycle sewage and desalinate seawater. From a health-care viewpoint, this is very significant because the most common cause of death among children in developing countries is diarrhea, due to unclean water. Millions of children's lives can be saved when this Israeli technology is exported to those countries that need it.

There is an ethical vision behind this medical work. My understanding is that there exists a universal government obligation to protect all citizens from harm, through effective health-care delivery, as well as from external threats to their safety and security. To fail at one or the other will have grave consequences.

This reflects a core value regarding the sanctity of life. As a physician, I am appalled by the harm caused by factors that humans can control, such as the absence of peace and security, or the

Medical advances in Israel have been extended globally, with benefits shared with friendly countries and even with so-called "enemies."

absence of good health care. Political boundaries do not reduce this human value. A life is equally valuable wherever that person happens to live.

Sadly, there are so many places in our world where mental and physical devastation is rampant. Seen from my medical standpoint, this harm is so pointless. Diseases cause enough damage to people. The added injuries caused by warfare is an affront to humanity.

As a physician and a health-care administrator, my belief is that seeking peace with powerful enemies is a necessary part of protecting the health of people on all sides of a conflict, and is worthy of our support.

Yet, I worry that my admiration for what Israel has achieved in health care and public health protection will be condemned by some people. Some critics will politicize anything said about Israel, even a discussion about its health services. While I am not an expert in international relations policy, I do know a good deal about health care. Israel's efforts in medicine and in trying to pursue peace and security are so important for ordinary people in that country, and in the international "neighbourhood."

On a recent visit to Israel with leaders and CEOs of Canadian and American hospitals, I toured five exceptional Academic Health Science Centres, and several extraordinary trauma centres. This eye-opening visit left me with two questions: Israel has been in existence for only 70 years, but how did it manage in such a short time to create one of the best health-care systems in the world? Second, how might we in Canada learn from Israel and adopt some incredible innovations?

It is customary on birthdays to extend wishes for good health, prosperity and peace. On Israel's 70th birthday, I am very pleased to wish all Israeli citizens, whether Jews or Muslims, secularists or Christians, all the health, peace and security they desire. And I hope that the residents of nearby countries torn by terrible conflicts, whether in Iraq, Syria, Sudan or others, all the security and peace they desire. This is my wish as a physician.

Hartley Stern is chair of the board of directors of the Jewish Federation of Ottawa.

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Campers gather in front of the Camp B'nai Brith dining hall sometime in the mid-1950s.

BY TERI LEVINE,
FOR THE OTTAWA JEWISH HISTORICAL SOCIETY

Now's the time to RSVP to attend a very special Camp B'nai Brith event, to be held Thursday, May 17. The Ottawa Jewish Historical Society, in partnership with the Soloway JCC, is inviting all Camp B'nai Brith alumni to attend a night to remember. Organizers promise there will be hilarious ancient photos of old friends and wonderful pictures of the camp the way it was, as well as a session of "Mamaloshin 101" for everyone to enjoy. Mark Max and Russell Kronick will lead a singsong with all kinds of old favourites, while David Smith of Creative Kosher will provide delicious refreshments with a little hint of camp. A souvenir program booklet is being produced for everyone to take home.

Ads are being sold for the program book for a nominal fee to help defray the costs of the evening. If you are interested in buying an ad, e-mail Zoe Thrumston with the text you would like at zthruo19@uottawa.ca.

The event will start at 7:30 p.m. on May 17 in the Social Hall at the JCC. Admission is \$10. RSVP to the Ottawa Jewish Historical Society by May 7 at 613-798-9818 ext. 264 or ojhsoc@gmail.com. For more information please contact Anna Bilsky at 613-728-4202 or humbil@rogers.com or Teri Levine at 613-798-0357 or esther.gail.levine@gmail.com.

63rd ANNUAL GENERAL MEETING THE BESS AND MOE GREENBERG FAMILY HILLEL LODGE, OTTAWA JEWISH HOME FOR THE AGED JOSEPH AND INEZ ZELIKOVITZ LONG TERM CARE CENTRE, 10 NADOLNY SACHS PRIVATE WEDNESDAY, MAY 30, 2018 - 7:00 P.M.

Members of the Lodge and Community, Residents, Families, Staff and Volunteers are welcome to attend

BUSINESS AGENDA

Annual General Meeting:

- Welcome – Dr. I. Kreisman
- Greetings from the Jewish Federation of Ottawa
- Greetings from the Long-Term Care Foundation – M. Miller
- Adoption of Annual General Meeting Minutes – May 24, 2017
- Business Arising – from previous AGM, May 24, 2017
- Approval of actions taken by the 2017/2018 Board
- Amendment to the Bylaws – M. Black
- Treasurer's Report – E. Adler
- Appointment of the Auditors 2018
- Appointment of the Signatories 2018/2019
- Thank you -Outgoing Board Members – Dr. I.Kreisman
- Report of the Nominating Committee – S. Saslove
- Election of Incoming Board 2018/2019
- Election of Officers 2018/2019
- Award Winners 2017/18 – S. Saslove
- Thank you to Long Service Staff – S. Schneiderman
- Medical Director's Report – Dr. D. Levine
- Report of the President – Dr. I. Kreisman
- Thank you to Outgoing President – Dr.A. Rosenbloom
- Report of the CEO – S. Schneiderman

BOARD OF DIRECTORS - 2017/2018

NOMINATIONS	COMPLETING TERM	COMMENCING NEW TERM	OUTGOING MEMBERS
Janet Dollin	Marcia Aronson (1)	Joel Diener (2)	Elayne Adler
Charles Schachnow	Marty Black (1)	Heather Evenchick (2)	Jack Cramer
	Jeff Pleet (1)	Jim Farrow (2)	Stephen Saslove
	Carl Raskin (1)	Dr. Irwin Kreisman (2)	
		Adina Libin (2)	
		Dr. Arlene Rosenbloom (2)	
		Issie Scarowsky (2)	
		Rosalie Schwartz (2)	

- BOARD APPOINTEES:**
- Auxiliary Representative - TBD
 - Family Council Representative - Laura Lunn
 - Long-Term Care Foundation Representative - Russell Kronick

EXECUTIVE

Past President – Dr. Irwin Kreisman
 President – Dr. Arlene Rosenbloom
 1st Vice-President – Jim Farrow
 2nd Vice-President – Joel Diener
 Treasurer – Adina Libin
 Secretary – Issie Scarowsky
 Member(s) at Large – Heather Evenchick & Marty Black

PAST PRESIDENTS

Dr. Irwin Kreisman	Dr. Irwin Pencer
Stephen Saslove	Lillian Kimmel z"l
Russell Kronick	Dennis Newton z"l
Seymour Mender	Sylvia Goldblatt z"l
Jeff Miller	M. Sidney Green z"l
Ingrid Levitz	Theodore Metrick z"l
Anna Telner Wex	Dan Doctor z"l
Morris Kimmel z"l	Dr. M. Ralph Berke z"l
Eric Weiner	Ben Levin z"l
Melane Hotz	Dr. Joseph Greenblatt z"l
Shlomo Mayman	Samuel Berger z"l
Irving Greenberg z"l	Judge J.C. Horwitz z"l
Noreen Bosloy	Dora Lithwick z"l

FURTHER NOMINATIONS: Additional nominations may be made by any member in good standing of the Corporation. Such nominations may be made at any time up to fifteen (15) days prior to the date fixed for the Annual General Meeting, by mailing the same to the above address, attention: Stephen Schneiderman. All such nominations must be in writing and signed by the nominee and by at least twenty (20) members in good standing of the Corporation. There will be proposed changes to the existing By-laws of the Ottawa Jewish Home for the Aged, otherwise known as the Bess and Moe Greenberg Family Hillel Lodge at the 63rd Annual Meeting, Wednesday, May 30, 2018. To request a copy of the summarized amendments and/or the revised By-law document, please call the Lodge at 728-3900. The notice of the AGM will also appear on www.hillel-ltc.com.

2017/2018 AWARD WINNERS

Thelma Steinman Direct Service Award – Aviva Lightstone Shalom Perel President's Award of Merit – Joel Taller z"l

Refreshments to Follow

Giving back, saving other lives

Ottawa radio host Stuntman Stu collaborates with Israeli registry to create donor pool

BY NORAH MOR

What do you do when someone saves your life? If you are Jewish community member and local celebrity “Stuntman Stu” Schwartz, you try to give back and save more lives.

Last month, Schwartz, the Majic 100 morning radio host and Ottawa Senators home game announcer, had the chance to meet David Levi, the man who saved his life with a bone marrow donation. After this special and emotional meeting, Schwartz decided he needed to do more to help others, just as Levi had helped him. He partnered with the donor registry to create “Stu’s Pool,” a dedicated pool of people to sponsor bone-marrow DNA tests.

In February 2016, Schwartz was diagnosed with leukemia. He soon learned he would need a bone-marrow transplant to save his life. An extensive local and national search failed to find a match for him, so his doctors reached out to Ezer Mizion, a not-for-profit Israeli organization that manages the world’s largest Jewish bone-marrow donor registry.

Located in Israel, Ezer Mizion collab-



It was an emotional moment when ‘Stuntman’ Stu Schwartz, right, met David Levi, the Israeli man who donated the bone marrow that saved Schwartz’s life.

orates with 48 other countries around the world. Donors and recipients need to be genetically compatible, so patients of Jewish ethnicity often require stem

cell donors of the same ethnic origin. Because of this, the registry has become a vital resource and a safety net for Jewish patients everywhere.

Levi is an Israeli citizen who provided a swab sample to the DNA registry 10 years ago when he was in the Israeli army, which has a partnership with Ezer Mizion. In May 2016, he got the call that he was a match and was asked to donate.

Last month, Levi was flown to Ottawa by Ezer Mizion to meet Schwartz, who was anxious to thank him in person.

“The meeting between Stuntman Stu and David Levi was very special

and touching,” said Dena Benshalom, director of Ezer Mizion’s Canadian operations. “The families were so happy.”

Arriving in Ottawa, Levi was greeted with excitement and gratitude, said Benshalom. “People were honking their horns and shouting ‘thank you for saving Stu.’”

After the transplant and recovery, “Stu said he had to do something really big,” said Benshalom, explaining Schwartz’s motivation for creating the DNA pool. “Because everyone knows and loves him, he wanted to help others as he had been helped.”

So he created a donor pool to sponsor DNA tests.

“Right now, we have almost 900,000 active donors registered, and our goal is to reach a million,” said Benshalom.

“Every month,” she explained, “Ezer Mizion co-ordinates about 35 bone-marrow or stem-cells transplants in Canada.”

The cost of processing each swab is \$65 and there are 27 registries for one match.

“Stu created a pool of 100,000 Israeli shekels that would sponsor 460 DNA tests.”

The greatest need at the moment, she says, is to donate money to Stu’s pool.

“Our goal is to help Stu fill his pool. The pool is labelled, and when a donation is found we call the creator of the pool, and he notifies all the donors.”

“It’s constantly refilled again and again – there’s no limit to how many lives can be saved.”

To donate to Stu’s donor pool and help save lives, please visit: www.ezermizion.org/stuspool

Ottawa Community Concert Band

Enjoy an afternoon of folk music, music of the cinema and Broadway by Jewish composers including Leonard Bernstein and Leonard Cohen, and more with the 60 member Ottawa Community Concert Band.

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Soloway JCC, Free Admission



- photo by Wessman Photography

 SolowayJCC

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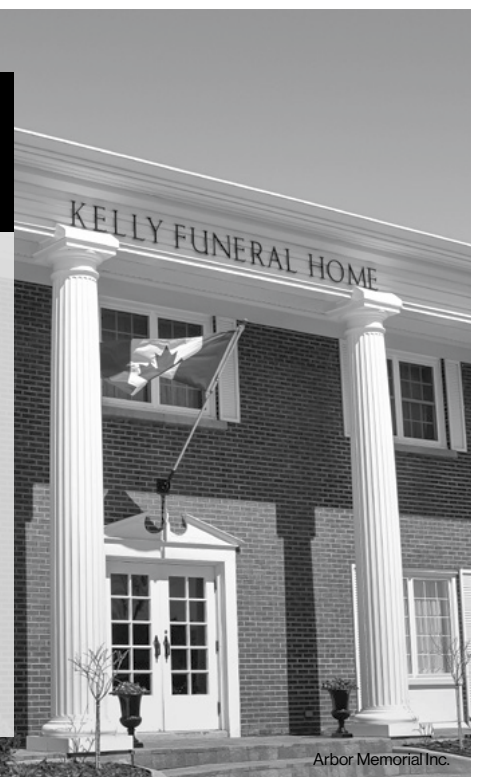
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The origin of the Vulcan salute ...

... and five other fun facts you probably didn't know about Jews in space

BY JOSEFIN DOLSTEN

(JTA) – The Torah tells how God created the earth and the heavens, although the stories that follow tell us more about the former than the latter. A new exhibit doesn't quite answer theological questions about space, but it does show the ways in which Jews have looked at, written about and travelled into the final frontier.

“Jews in Space: Members of the Tribe in Orbit,” named after a Mel Brooks gag, is an exhibit organized and on view at the YIVO Institute for Jewish Research and the Center for Jewish History in New York City. Here are some of the unusual and unexpected details uncovered by the exhibit:



Mission specialist Judith Resnik sending a message to her father.

THE FIRST JEWISH AMERICAN TO GO INTO SPACE WAS A WOMAN.

Judith Resnik became the first Jewish American and second Jew (Soviet astronaut Boris Volynov was the first) to go into space when she flew on the maiden voyage of the Space Shuttle Discovery in 1984. Born in 1949 to Jewish immigrants from Ukraine who settled in Ohio, Resnik worked as an engineer at the Xerox Corp. before being recruited to NASA in a program to diversify its workforce. Resnik was only the fourth female to ever do so. She died in 1986 along with the rest of the crew of the Space Shuttle Challenger when the spacecraft broke apart shortly after takeoff.

AN ALIEN IN “FUTURAMA” WAS NAMED AFTER THE YIVO INSTITUTE.

Some might think it a coincidence that the institute shares a name with a bizarre extraterrestrial in the animated science fiction comedy series. In a 2008 direct-to-video based on the TV series, Yivo (voiced by actor David Cross, who was raised Jewish) is a tentacled being who uses his many limbs to have sex with every living being in the universe. Turns out the screenwriter, Eric Kaplan, is friends with Cecile Kuznitz, a pro-

fessor at Bard College who has done extensive research on the institute. He decided to, um, honour her by naming the character after the topic of her work, the archive and research centre on Eastern European Jewish life founded in Vilna in 1925.



Leonard Nimoy, left, as Spock on “Star Trek,” alongside co-star William Shatner.

THE VULCAN SALUTE ON “STAR TREK” HAS JEWISH ORIGINS.

Actor Leonard Nimoy used an unlikely source of inspiration for his character Spock's iconic Vulcan salute, which consists of a raised hand with the middle and ring fingers parted into a V. The gesture looks just like the one *kohanim* do in synagogue during the Priestly Blessing. In his autobiography, Nimoy explained that he had copied the Jewish gesture, which he had seen in a synagogue as a child (it also appears on tombstones of *kohanim*). The Vulcan salute, which is accompanied by the phrase “Live long and prosper” (the *kohanim's* blessing begins “May God bless you and guard you”), became so iconic that the White House mentioned it in a statement issued on Nimoy's death in 2015.



Astronaut Jeffrey Hoffman signalling from space in 1993.

IN 1985, A JEWISH-AMERICAN ASTRONAUT READ FROM THE TORAH IN SPACE.

Jeffrey Hoffman, the first Jewish-American man to go into space, consulted a rabbi on how to observe Judaism on his first trip, in 1985. Hoffman, a Brooklyn native who was born in 1944, brought with him a scaled-down Torah and did the first Torah reading outside of Earth. He also had a set of Jewish ritual items specially made for his trip, including a mezuzah with a Velcro strip that he would attach to his bunk and a prayer shawl with weights to keep it from floating away in zero-gravity. He also brought a menorah to celebrate Hanukkah, although he was never able to actually light it aboard the spacecraft.

A JEWISH IMMIGRANT TO THE U.S. HELPED POPULARIZE SCIENCE FICTION.

Hugo Gernsback, a Jewish immigrant from Luxembourg, is sometimes called “The Father of Science Fiction” for publishing a magazine that helped popularize the genre. Launched in 1926, “Amazing Stories” featured tales of aliens, robots and other beings, including ones written by Gernsback himself. His magazine brought science fiction – a term he coined – to the mainstream and inspired many writers. Among the Jewish-American writers were Isaac Asimov and Howard Fast.



This Ukrainian book from 1907 contains horoscopes in Yiddish.

THIS BOOK OF HOROSCOPES WAS WRITTEN IN YIDDISH.

Published in 1907 in Odessa, Ukraine, “The Revealer of That Which Is Hidden: A New Practical Book of Fate” gave Yiddish readers a way to learn about their futures by way of astrology. Much like a modern-day horoscope, the book offered predictions based on the reader's zodiac sign. Similar books existed both in Yiddish and Hebrew during the time period, but rabbinic authorities were not thrilled, since astrology is banned by Jewish law (although zodiac symbols have shown up as synagogue decorations for at least 1,500 years). Despite that, Jews at the time continued to read horoscopes as well as seek other ways of predicting the future, such as by going to psychics and reading tea leaves.

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

Card Donations

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

On behalf of the residents and their families, we extend sincere appreciation to the following individuals and families who made card donations to the Hillel Lodge Long-Term Care Foundation **between March 24-April 10, 2018 inclusive.**

HONOUR FUNDS

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

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

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

Ruth and Irving Aaron Family Fund

In Honour of:
Brenda Wolf Wishing you good health and a happy Passover by Ruth and Irving Aaron
Rabi Levy and Dina Teitlebaum Mazel Tov on Rochel's Bat Mitzvah by Ruth and Irving Aaron
Howard and Joyce Nagler Mazel Tov on the birth of your grandson by Ruth and Irving Aaron

In Memory of:
Sam Litwack by Ruth and Irving Aaron
R'Fuah Shlema:
Ellis Solomom by Ruth and Irving Aaron

Bill and Leona Adler Memorial Fund

In Memory of:
Vita Winthrop by Marilyn Adler
Darleen Rattew by Marilyn Adler
Sam Krongold by Marilyn Adler
Leila MacNeill by Marilyn Adler

Fred and Esther Ballon Family Fund

In Memory of:
Joe Murray by Fred and Esther Ballon

Boris and Dolly Blacher Family Fund

In Memory of:
Sam Litwack by Marilyn Adler and Neil Blacher
In Honour of:
Irving and Sheila Osterer Mazel Tov on the birth of your first grandchild by The Blacher Family, Neil and Daniel Blacher and Marilyn Adler

Jenny and Murray Citron Endowment Fund

In Honour of:
Murray Citron Happy belated Birthday by Todd and Alison, Ian, Laura and Jayne (Sheriff)

Nell Gluck Memorial Fund

In Memory of:
Sam Litwack by Henry, Maureen and Edie Molot
Sylvia Aronson by Henry and Maureen Molot
Darryl Fustey by Manny and Cheryle Gluck
In Honour of:
Norm Zagerman by Carol Shattner and Barry Appel
Sylvia Freeman Mazel Tov on your forthcoming Birthday by Henry and Maureen Molot
Naomi Colton-Max Mazel Tov on your decadal Birthday by Henry and Maureen Molot
Ingrid Levitz Mazel Tov on the birth of your new granddaughter by Henry and Maureen Molot
Julia Gluck and Ted Overton Mazel Tov on Jess's engagement to Ayelet by Henry and Maureen Molot
Jess Overton and Ayelet Mizrahi Mazel Tov on your engagement by Julia Gluck and Ted Overton and Henry and Maureen Molot
Peter Webb Best wishes on your 90th Birthday by Julia Gluck, Ted Overton, Jess Overton and Ayelet Mizrahi

Evelyn and Irving Greenberg Fund

In Honour of:
Sidney Klotz Happy Birthday and best wishes by Evelyn, Peter, Michael and Leslie Greenberg and Families

Gunner Family Fund

In Honour of:
Stephen and Debra Schneiderman Mazel Tov on the birth of your granddaughter by Sol and Estelle Gunner

Evelyn and Isadore Hoffman Family Fund

In Honour of:
David Smith Wishing you a happy, healthy and prosperous Passover by Evelyn and Issie Hoffman

David, Harvey, Victor Kardish Family Fund

In Memory of:
Sam Litwack by Margo and David Kardish
Beverley Tepperman by Margo, David, Aaron and Gail Kardish

Morris and Lillian Kimmel Family Fund

In Honour of:
Stephen Schneiderman Wishing you the best of luck in your future endeavours by Brenda, Nathan, Jesse and Daniel Levine

Joan and Russell Kronick Family Fund

In Memory of:
Sam Litwack by Joan and Russell Kronick
In Honour of:
Sunny and John Tavel Mazel Tov on your grandson's Bar Mitzvah by Joan and Russell Kronick
Sol and Laya Shabinsky Wishing you a happy and healthy Passover by Joan and Russell Kronick

Bill and Phyllis Leith Family Fund

In Honour of:
Eileen and Arnold Weiner With sincere appreciation by Arlene and Seymour Isenberg

Sam and Dora Litwack Family Fund

In Memory of:
Sam Litwack by Frayda and Charles Wiseman, Mera and Bill Goldstein, Ada Glustein, David and Judith Kalin, Dorothy Karp

Farrand and Joyce Miller Family Fund

In Honour of:
Joyce Miller Have a happy and healthy Passover by Lorna Rosenstein

Ken and Leah Miller Family Fund

In Honour of:
Tony Greco Happy 50th Birthday by Mitch Miller

Pencer Family Fund

In Memory of:
Selma Lubell by Irwin and Marcia Pencer

Sam and Ruth Rothman Memorial Fund

In Memory of:
Abraham Neuman by Stephen and Sue Rothman

Shelley and Sidney Rothman Family Fund

In Honour of:
Ingrid Levitz Mazel Tov on the birth of your new granddaughter by Shelley Rothman

Schachter / Ingber Family Fund

In Memory of:
Lillian Laks by Rachel and Howard Schachter

Stephen and Debra Schneiderman Family Fund

In Honour of:
Debra and Stephen Schneiderman Mazel Tov on Layla Blake's safe arrival by Carol Gradus and Bunny Cogan

Monica and Alvin Stein Family Fund

In Memory of:
Sam Litwack by Monica and Alvin Stein and Family

Sarah and Arnie Swedler Family Fund

In Memory of:
Sam Litwack by Arnie Swedler and Rhoda Zaitlin
Abraham Neuman by Arnie Swedler and Rhoda Zaitlin
Joe Murray by Arnie Swedler and Rhoda Zaitlin

Roslyn and Myles Taller Family Fund

In Memory of:
Sam Litwack by Roz Taller

Carole and Norman Zagerman Family Fund

In Honour of:
Norm Zagerman by Evelyn Monson

Feeding Program

In Honour of:
Ingrid Levitz, Stephanie Levitz, Alan Shefrin and Livy Mazel Tov on Frankie's safe arrival by Carol Gradus
Ingrid Levitz Mazel Tov on the birth of your granddaughter by Flo and Joel Morgan
Dr. and Mrs. Ed Rose Mazel Tov on the birth of your grandson Wyatt Parker by Dee and Yale Gaffen

Continued on page 19

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

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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

Yanda and Mark Max Many thanks for a wonderful Seder by Carol Gradus

In Memory of:

Sam Litwack by Glenda Goldmaker and David Moss

Recreation Program

In Honour of:

Burt Gorenstein Mazel Tov on your second Bar Mitzvah by Beverley and Irving Gershkovitch

Therapeutic Program

In Memory of:

Sylvia Monson by Beverley and Irving Gershkovitch

In Memory of:

Sam Litwack by Milton and Joyce Kimmel, Morton and Sylvia Pleet, Malca and Chuck Polowin, Golda (Feig) and Ned Steinman and Family, Lily Feig, Josefina and Mel Groper and Anna Bilsky
Carol Greenberg by Lily Feig
Lillian Laks by Karen and Ian Zunder

Joe Murray by Malca and Chuck Polowin and Golda and Ned Steinman
Joan Michael by the residents, staff and Boards of the Lodge and LTC Foundation
Leila MacNeill by the residents, staff and Boards of the Lodge and LTC Foundation
In Honour of:
Ian Raskin Mazel Tov on the confirmation of your new job by Carl and Lorna Raskin
Donna Weitzman In appreciation by Carl and Lorna Raskin
Ingrid Levitz Mazel Tov on the birth of your granddaughter by Carol and Laurie Pascoe and Golda and Ned Steinman
Burt Gorenstein Mazel Tov on celebrating your second Bar Mitzvah by Joni and Chummus Spunt
Barbara and Alec Okun With thanks and Chag Sameach by Joni and Chummus Spunt
Donna and Howard Strauss With thanks and Chag Sameach by Joni and Chummus Spunt
Michael Goldberg and Ruth Ish-Horowitz In appreciation by Joni and Chummus Spunt
Karen Fox and Family In appreciation by Joni and Chummus Spunt
Carol Tolchinsky Happy Birthday by Bill and Laurie Chochinov
Malka Feig Mazel Tov on your special Birthday by Lily Feig
Stephen and Debra Schneiderman Mazel Tov on the birth of your second grandchild, Layla Blake by Ingrid Levitz
Sue Eldridge Best wishes by Helen Brown
Pinchas and Barbara Pleet Thank you for leading the Seders year after year by Stephen Schneiderman

Hillel Lodge
BIKING for BUBBIES
Sunday, September 16, 2018



Register on our website, call the Hillel Lodge LTC Foundation office at 613-728-3990 or email mmiller@hillel-ltc.com

Chairs: Adam Schacter and Seymour Mender



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Bess and Moe Greenberg Family Hillel Lodge

Get To Know Us

ADVERTORIAL



Ruth and Irving Aaron

about two long time volunteers and supporters of the Lodge.

Ruth and Irving Aaron are living in the home that Irving built in 1957. Irving has been a Real Estate Broker since 1948. He knew people in construction and wisely built his home in the winter, which gave many of the trades people employment when their industry was a little slower. Sitting at their kitchen table, you can imagine how they recently celebrated Ruth's 89th birthday with their four children and thirteen grandchildren.

Ruth and Irving met in Ottawa after Ruth's parents moved from Manitoba (Ruth was born in Winkler, near Winnipeg) when she was five years old. Irving's sister was a leader of a local Jewish youth group, and she suggested that he ask Ruth out. They will celebrate their 65th anniversary on June 2, 2018.

What were the chances that Ruth's parents who were from Poland and Russia would immigrate to Canada and that Irving's parents from Kiev (Russia) and Riga (Latvia) would have children, grandchildren and great-grandchildren in Canada.

Irving grew up in Ottawa and he enlisted in the Navy during World War II. We joked that his training as a Navy minesweeper may have helped him diffuse explosive situations when he became a Jewish Community volunteer and President of a Synagogue. Irving says that his late father-in-law is the one who

The Lodge is a Family made up of our residents, volunteers, staff and generous donors who choose to support the Bess and Moe Greenberg Family Hillel Lodge. This issue of "Get To Know Us" will share a little bit

motivated him to accept the position of President of Beth Shalom. At the time, Irving was the Lt. Governor of Kiwanis, and when he initially declined the honour of Shul President, his father-in-law said "You have time for the goyim, but not for your own?" – Irving and Ruth have always been strong supporters of our Jewish community in both volunteer hours and dollars donated. As anyone who has served as a Synagogue president will tell you, you are the volunteer President for 1200 (the membership of Beth Shalom at that time) Presidents.

Ruth and Irving's connection to the Lodge goes way back to before the Lodge was even built. Irving's grandmother suggested that the community should build a Jewish Home for the elderly in Lowertown, but she wasn't able to gather the necessary support. Ruth's late father, Benjamin Feinstein, lived at the Watergate just down the street from the Lodge on Wurtemberg and well into his 90s looked forward to joining the minyan on Friday evenings. Ruth has always been an active volunteer at the Lodge, including being responsible for refreshments when the groundbreaking took place for the current location on the Jewish Community Campus, giving tours of the Lodge to new families and volunteering in the Auxiliary's gift shop to name a few.

Ruth and Irving have been supporting the Lodge for years, choosing to send tribute cards through the Lodge's Foundation, and in 2009 started the Ruth and Irving Aaron Family Fund at the Hillel Lodge LTC Foundation "to support resident needs as they relate to direct resident care".

In his early 90s, Irving will tell you that he and Ruth still enjoy attending Shabbat services at the Lodge where on some Saturdays his attendance makes the minyan.

By Mitch Miller, Executive Director, Hillel Lodge LTC Foundation



A Holocaust novel for a new generation

30 years later, the author of *The Devil's Arithmetic* has a new young adult book

BY PENNY SCHWARTZ

(JTA) – More than 30 years ago, Jane Yolen had already made her mark in the world of children's literature. Among the nearly 100 books she had written were fantasies and folk tales, picture books and the popular *Captain Toad* chapter book series. Her gift for spinning original fairy tales earned her the reputation as the American Hans Christian Anderson.

But when her editor, Deborah Brodie, suggested she write a Jewish children's book, Yolen dismissed the idea.

Sure, she was Jewish, she recalled telling Brodie, who was Jewish, too. But, growing up, Yolen's family wasn't particularly observant. And although she had minored in religious studies at Smith College, Yolen told Brodie she would have to do as much research as someone who wasn't Jewish.

Brodie persisted.

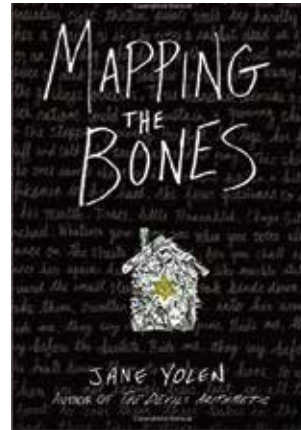
"She was a classic *nudzh*," Yolen recalled fondly all these years later of the late editor, a giant in the world of children's publishing.

But Yolen, best known as a fantasy writer, had a spark of an idea for a Holocaust story that would lead with a girl bored and indifferent at her grandparents' Passover seder. When Hannah opens the door to symbolically welcome the prophet Elijah, she finds herself transported back in time to a Polish *shtetl* where the Jewish villagers are on the verge of being shipped to a German Nazi concentration camp. Only Hannah knows the horrifying tragedy that the future will bring.

Yolen relented and wrote a first chapter. She assumed it would end at that. Instead, Brodie sent



Jane Yolen has written 366 books.



Yolen's newest book.



The Devil's Arithmetic, 1988.

back a contract.

"I thought, 'OK, I'm going to try this,'" she said in a phone conversation with JTA from her home in western Massachusetts.

The result was *The Devil's Arithmetic*, a Holocaust novel that when it appeared in 1988 was nothing like anything that had come before. The book garnered critical acclaim, earned multiple book awards and was made into an Emmy-winning Showtime film starring Kirsten Dunst. The novel has sold nearly two million copies and is used widely in schools across North America.

Now, three decades later, Yolen, 79, has written *Mapping the Bones* (Philomel), a Holocaust novel for a new generation of teens. The year is 1942, in the Lodz ghetto in Poland, where 14-year-old twins Chaim and

Gittel Abromowitz make a daring escape with their family. Separated from their parents in the forest, the twins hide with Polish partisans, and are later captured by German soldiers and forced into a slave labour camp.

Mapping the Bones is Yolen's 366th book. As she set out on a whirlwind series of book talks and conferences, she said she had not planned to write another Holocaust novel. In four years of being immersed in Holocaust research and writing, there were also lighter and happier books, Yolen said. Among them was *Jewish Fairy Tale Feasts: A Literary Cookbook*, written with her daughter, Heidi E.Y. Stemple.

"But the things that feed the soul are (books) like *Mapping the Bones*," Yolen reflected. "As hard as it was, I know I was meant to write this book."

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עץ החיים
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Jewish Life Happens Here

Wrestling with sublime works by less-than-pure people

In 1968, Rabbi Shlomo Carlebach visited the Reform Jewish camp where I was a counsellor. One of the great innovators in Jewish music, Carlebach's oeuvre was changing the very nature of how we worship, even how we think of ourselves as worshippers.

Today, there is hardly a synagogue, Jewish school or Jewish camp, whatever its tradition, that does not have embedded within its structure the music of Rabbi Shlomo Carlebach. Most of us don't know the composer of the music we sing, myself included, but we instantly recognize Carlebach's work if it is pointed out to us.

That summer 50 years ago, I witnessed behaviour that I did not understand or know how to categorize. Somehow Carlebach always seemed to have an easy way of finding himself with young female campers and his hands were rarely at his side. What I witnessed then, and what others witnessed, continued until his death in 1994. He was an artist who created sublime music, but he was not such wonderful human being. But he is by no means the only person whose work inspires respect, but whose life calls for censure.

Over these last few months, we have been overwhelmed by media reports about successful individuals whose personal behaviours are to be condemned, while their artistic or professional achievements are to be praised. It is a long list and many on it are Jewish: Harvey Weinstein, Woody Allan, James Levine, Lorin Stein and Al Franken, to name just a few.

There are, of course, many others accused of sexual harassment and sexual assault who are not "members of the tribe." But birth, ethnic origin or religion don't seem to me very important. What strikes me as the



essential question in these troubling times is the same question Jews have been asking about the music of Richard Wagner these past 70 years: can the art be separated from the artist?

Some will suggest that the answer is a simple no. The Israeli Philharmonic Orchestra does not usually play Wagner. Why? Because he was an arch anti-Semite and his work formed the thematic backdrop to the entire Nazi era. But he was a great composer and some believe his music sublime. This argument has been extended to the work of many others. Roald Dahl, author of *Charlie and the Chocolate Factory*, *James and the Giant Peach* and *Fantastic Mr. Fox* was known to despise Israel and Jews. Should his wonderful children's books be banned from all Jewish homes?

How does one wrestle with these significant moral dilemmas?

In the Talmud, we read the following discussion: Rabbi Meir Rabba bar Shila said to Elijah: "What is God doing?"

He replied: "He is quoting novel Torah insights of the sages, but not the insights of Rabbi Meir."

"Why not Rabbi Meir?" Rabba asked.

"Because he learned Torah from Elisha ben Abuya," said Elijah.

Rava said: "Rabbi Meir found a pomegranate. He ate its fruit and threw out its peel!"

Elijah said: "Now the Almighty blessed be He also quotes the novel Torah insights of Rabbi Meir, and with particular fondness."

Rabbi Elisha ben Abuya was considered a great scholar who became a heretic for studying Greek philosophy. In this passage, the rabbis are asking: "Is there a way of eating the fruit and throwing out the klipot (seeds)?" This is not an exact parallel, but close enough.

Think about it – among our ancient Jewish heroes, few were pure individuals. Abraham: Avinu, but I wouldn't have wanted to be Isaac. Maybe we need to eliminate him from the Avot. David: A great king – but would you want him hanging out with your daughter? Maybe we need to stop singing "David Me-lech yis-ra-eil" or chanting the psalms.

The truth is the great ones were (and are) great at some things and not so good at others. Somehow our tradition has woven into its very fabric people whose values and charisma are a legacy, even while their behaviour is unacceptable.

Some synagogues, schools and camps have banned the music of Rabbi Carlebach. Some have determined that they need to take time and study the issue. And some have chosen simply to ignore the complexities that his behaviours and the behaviours of others raise. But before we censure others, let us remember that as Jews, we are good at sticking our heads into the sand when the actions of Israel challenge our normative morality. Unfortunately, being a moral ostrich can lead to moral suffocation.



Jewish Family Life Education Presents

AGING ISN'T FOR SISSIES

Tuesday May 15, 7:00 - 9:00 pm

Ask the Expert

Do you want to know more about dementia? Caring for someone with dementia? Feeling stressed and burnt-out?

Join our panel of experts from the Dementia Society, Jewish Family Services and Mind the Gap to find out about signs, strategies and resources that are available to you and your loved ones.

Tuesday June 19, 7:00 - 8:30 pm

Planning for your future

Healthy aging is a process which includes thinking about your financial, medical and family issues.

Join Iris Beer, Clinical Supervisor of Thelma Steinman Seniors Support Services, as she discusses issues facing seniors today. Topics will include: Wills, POA and decision making and end of life. There will be time for a Q&A.

Free of charge

To register or for any other questions, please contact

Tal Palgi
613-722-2555 ext. 481
tpalgi@jfsottawa.com

Sessions will be located at
Jewish Family Services

300-2225 Carling Avenue
Ottawa ON
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This program is funded by the
Jewish Federation of Ottawa



Are you making any of these 10 fitness mistakes?

Albert Einstein is thought to have said: “A person who never made a mistake never tried anything new.” Winston Churchill said: “All men make mistakes, but only wise men learn from their mistakes.”

Consider these common mistakes if you're interested in improving your health and fitness. If you're already making some of them, you can use them as learning experiences and opportunities for growth. Remember that making a mistake is not as bad as considering it a personal failure and allowing it to undermine your plans.

Mistake No. 1: Having no goals. It's motivating to have something specific to work towards. If you set specific goals, put together a plan of action and document your progress, that process will help keep you on track.

Mistake No. 2: The next mistake is trying to do it all on your own, especially if you are not committed to exercise. Skipping a walk, a bike ride or a workout can easily spiral into a full-blown dropout period that can last for weeks, months or even years, and that can have detrimental effects on your health. A personal trainer or even an active buddy can help get you going in the right direction – even though, ultimately, the onus is on you.

Mistake No. 3: Doing the same thing repeatedly and expecting different results. Even if you're working out regularly, your body will adapt and hit a plateau. You'll stop seeing improvements and that can lead to attrition. That's why you need to switch up your workouts. Do what you like, but don't be afraid to explore new activities. Challenge your body with different exercises.



GLORIA SCHWARTZ
FOCUS ON FITNESS

Mistake No. 4: Focusing too much on numbers: calories consumed, steps walked, pounds/kilos on the scale or minutes spent on the treadmill are just some of the metrics that can become an obsession. Instead of walking on the treadmill for your usual 30 minutes, for example, forget about the time and do a few rounds of intervals to bring up your heart rate. Instead of dwelling on your weight, focus on improving your dietary habits.

Mistake No. 5: Training without exerting yourself (not even breaking a sweat) or exercising half-heartedly. Habits such as riding a stationary bike slowly for long periods of time while reading a magazine, leaning on the elliptical machine or treadmill with poor posture, using momentum (swinging) rather than lifting and lowering dumbbells, or chatting while working out, can limit the benefits of your workout. Push yourself outside your comfort zone to improve your strength, speed and endurance. Build up slowly and safely.

Mistake No. 6: Waiting for the perfect time to get started. The perfect time to start is now. Putting off getting started until after vacation, after holidays, or after a work project, will not improve anything except your procrastination skills.

Mistake No. 7: Choosing physical activities you don't really enjoy. Perhaps you're doing them because your friends do them. Maybe you go to classes with your friends, but you don't find those classes fun. Find something you like. Some people have more fun outdoors, some feel great in a gym, and some like to be in a group setting, while others prefer working out alone. If it feels like drudgery, you'll be less inclined to stay engaged long-term.

Mistake No. 8: Expecting unrealistic results, such as significant weight loss or big muscles, in a short amount of time. This is real life, not The Biggest Loser television show. Starving yourself and working out for hours each day is not a healthy solution. Dropping out of your exercise program because your short-term results aren't spectacular is not going to help. And remember that many of the benefits of exercise are on the inside of your body, which you cannot see. Be realistic and remember that a healthy lifestyle is a lifelong endeavour.

Mistake No. 9: Not warming up and/or not cooling down. Warm up before your workout with five to 10 minutes of light cardio exercise or with dynamic stretches. Cool down after your workout with static stretches to help maintain your flexibility and range of motion. If you worked out intensely, you can walk or cycle slowly to bring your heart rate down to normal.

Mistake No. 10: Doing lots of cardio, such as aerobics classes or walking, and very little resistance training. Don't be afraid to lift weights, whether you use machines, dumbbells or your own body weight.

17TH ANNUAL SPORTS BREAKFAST OF CHAMPIONS

Celebrate our community's athletic heroes of the past 12 months. Middle school, high school and university athletes will be honored along with our community volunteers and team champions.

SUNDAY, JUNE 10, 2018

11:00 am – 12:30 pm

Soloway JCC

Kosher Buffet Breakfast

Children 13 and under: \$10

Adults: \$15

Tickets available at SJCC front desk

Special Guest **Pat Messner**,
World Water Ski and Olympic
Champion

CALL FOR NOMINATIONS

SHARON KOFFMAN MEMORIAL ATHLETIC AWARD: Recognizes outstanding sportsmanship, participation and dedication to personal goals of excellence by a university-level varsity athlete.

JACK & MORLEY GOLDFIELD MEMORIAL AWARD FOR YOUTH ATHLETICS: Given to two high school students in recognition of their achievement, participation and organizational involvement in athletics during the past year.

THE IRVING "SHAPS" SHAPERO ATHLETIC AWARD: In recognition of long-term contributions to sport and recreation as a participant and an organizer.

THE B'NAI BRITH CANADA PARLIAMENT LODGE NO. 2159 GRADUATING STUDENT ATHLETIC ACHIEVEMENT AWARD: Given to two graduating high school students for outstanding athletic achievements throughout his/her high school years.

LOU HONIGMAN AWARD: Presented to a local Jewish athlete who, on account of his/her perseverance, courage, ability and strength of character, distinguishes him or herself in a local sporting activity over a significant period of time.

NOAH CANTOR MIDDLE SCHOOL ATHLETIC AWARD: Presented to a male and a female student for outstanding athletic achievement during the past school year (grade 7 & 8).

OTTAWA JEWISH SPORTS HALL OF FAME INDUCTEES

ATHLETES CATEGORY: Nominees must be retired from their given sport for two years and have participated at an elite level, (provincial, national level championship. Major Junior, CIS, NCAA, Professional level).

Please submit all nominations to the Selection Committee at jbrown@jccottawa.com by May 14th 2018.



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Lease example: 2018 A5 2.0 TFSI quattro Progressiv (stock #50953) with base MSRP of \$56,945 (including \$1,115 freight and \$980 PDI), at 2.9% APR for 48 month term with \$338 bi-weekly payment. Lease example based on vehicle price of \$53,881 (after \$1500 Audi Spring credit and \$3,500 dealer participation). \$0 down payment, a security deposit of approximately two bi-weekly lease payments and first bi-weekly payment are due at lease inception. PPSA, license, insurance, registration, options, duties, any dealer or other charges and other applicable taxes are extra. See dealer for details. Total lease obligation: \$35,293 (excluding applicable taxes). Kilometre allowance of 20,000/year; charge of \$0.25/km for excess kilometres.

Lease example includes: Winter Mats (\$244), First Aid Kit (\$21), Wheel Locks (\$100) and Audi Care (\$945).

Additional fees and levies apply as follows: \$100 air conditioning tax, \$17 tire levy, \$10 OMVIC fee \$51 PPSA fee and \$499 dealer admin fee. Total list price after discount \$53,881.

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