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# OTTAWA JEWISH BULLETIN

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## Ottawa community leader to receive honorary doctorate from Hebrew University

**Stephen Victor** has been a prominent leader in the Jewish community, both locally and nationally, since the 1970s. Next month he will be honoured by the Hebrew University of Jerusalem. **Louise Rachlis** reports.



Stephen Victor will be honoured for a lifetime of volunteerism and philanthropy by the Hebrew University of Jerusalem.

**A**s a lawyer, advocate, and a volunteer, Stephen Victor is proud to have supported the State of Israel for 50 years.

And now, a letter from the Hebrew University of Jerusalem has informed him that it will be conferring upon him the degree of Doctor Philosophiae Honoris Causa, the university's highest accolade.

Born and raised in Ottawa, Victor is senior partner in the law firm Victor Ages Vallance. From a start as the youngest-ever director of Camp B'nai Brith of Ottawa at age 24, he has served the Jewish community in many roles and has been honoured several times – including in 1992 when he received the

Gilbert Greenberg Distinguished Service Award, the highest award offered by the Jewish community of Ottawa.

Victor's honorary PhD will be conferred at Hebrew University's annual convocation on June 11, at the Roth-

berg Amphitheatre in Jerusalem on the Mount Scopus campus during the Board of Governors' gathering.

Significantly, the bestowing of Victor's honorary doctorate will coincide with events marking the centennial anniversary of the laying of the cornerstone "in celebration of 100 years of knowledge" at Hebrew University.

Victor credits his lifelong involvement with Israel to the influential executive director of the Jewish Community Council of Ottawa/Vaad Ha'ir (now the Jewish Federation of Ottawa) Hy Hochberg in the 1970s.

"Hy Hochberg took my wife Gail and me to Israel in 1972," he said. "I was 31 and she was 29, and we were the youngest couple on the trip. I was already practicing law. We fell in love with Israel... I decided that besides my law practice and my family, I wanted to do something additionally in my life. Because of that trip, I decided that I'd devote my time and energy to the State of Israel and the Jewish people.

"I was lucky because in the '67 war, I was privileged to go to the home of Sol Shabinsky and saw the outpouring of financial support for the Six Day War. Only the major donors were there, but Hy took me along. And then in '73, I was in the boardroom when Gilbert Greenberg led fundraising at that critical time. And so, I said 'hey, it's not a bad idea to devote a part of your life for this.' And that's what I've done ever since. It's the

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**Beyond Duty**, an exhibit co-sponsored by the Embassy of Israel and Global Affairs Canada, honoured diplomats from 21 countries who saved Jews during the Holocaust and who have been recognized by the State of Israel (Yad Vashem) as Righteous Among the Nations, took place in Ottawa at Global Affairs Canada from April 25 to May 1.



**Yom Ha'Atzmaut flag-raising:** Dignitaries and community members gathered outside Ottawa City Hall, April 19, to celebrate Israel's 70th Yom Ha'Atzmaut. (From left) MP Peter Kent; City Councillor Jean Cloutier; Deputy Mayor Mark Taylor; Deputy Head of Mission, Embassy of Israel Shlomit Sufa; Jewish Federation of Ottawa President and CEO Andrea Freedman; Rabbi Robert Morais of Temple Israel; and MP Kate Young.

## Victor: 'An outstanding professional and community leader'

Continued from page 1

most worthy cause and I wanted it to be part of my life."

Victor's community work continued. He was president of the Jewish Community Centre from 1978 to '80, UJA chair in 1983 and became president of the Vaad in 1987 for a two-year term.

In 1990, he began working at the national level and eventually was elected chair of the Canada-Israel Committee, then the advocacy voice of the Jewish community in Canada on behalf of Israel. He was there for four years, and all the Jewish organizations had representative on that board.

"I did things on a national basis and went to Israel three times a year," he said.

When Yitzhak Rabin, then the prime minister of Israel, was assassinated on November 4, 1995, then-prime minister Jean Chrétien invited Victor to accompany him to the funeral.

In the early 2000s, Victor became national president of Canadian Friends

of Hebrew University.

"It was an unbelievable experience," he recalled, "and I met everybody from all over the world. I met the finest and greatest people at Hebrew University – philanthropists as well – all committed to the survival of the Jewish people and the survival of the State of Israel."

Victor has no regrets.

"I have spent all my life on this, but the time was always worth it. Whenever I was in negotiations in my law practice, because of my community involvement, people looked at me in a different way. They knew I had credibility. It enhanced the quality of my life," he said.

Victor has no plans to retire from either the practice of law or volunteerism. And, after June 11, don't call him "Dr. Victor."

"For 25 years, I used to criticize guys who got honorary degrees and then called themselves 'doctor,' so I can't do that," he laughed.

The letter from Hebrew University

lauded Victor as an "extraordinary example of an outstanding professional and community leader reflected in the wide variety of professional and community roles that you have undertaken throughout your life.

"The Stephen and Gail Victor Centre for Trial Advocacy at the Faculty of Law and the Stephen and Gail Victor Plaza at the Botanical Gardens on Mount Scopus are both results of your leadership and community respect," said the letter. "In addition, you were instrumental in establishing the Stephen Victor Academic Exchange Scholarship between the University of Ottawa and the Hebrew University of Jerusalem."

The prominent Ottawa lawyer and community leader graduated from Carleton University in 1963 with a bachelor of commerce (economics) degree. Three years later, he earned his law degree from the University of Ottawa. Since then he has acted as lead counsel before the Ontario Superior Court of Justice,

the Court of Appeal for Ontario, the Federal Court Trial Division, the Federal Court of Appeal and the Supreme Court of Canada. In 1981 he was appointed Queen's Counsel.

He was the Ottawa JNF Negev Dinner honouree in 2006 and chose the Hebrew University's Botanical Gardens on Mount Scopus as the recipient of the funds raised. The central plaza of the gardens was named the Stephen and Gail Victor Botanical Garden.

Today, he is delighted that the citation for his honorary doctorate mentions that the historic garden "stands as a living testimonial to the Victor's decades of dedication to the university and to the Jewish people."

For the convocation, he'll be in Israel for 10 days, along with his wife Gail and their children and grandchildren.

"All of my community endeavours have been supported by my life partner Gail," he said, "and any success that I've achieved is in large part due to her."

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# Presentations on Jewish superhighway and inclusion at Federation meeting

BY PAULINE COLWIN  
JEWISH FEDERATION OF OTTAWA

Inspiration and inclusion were the themes of presentations delivered at the Jewish Federation of Ottawa Members' Meeting, May 2, at the Soloway Jewish Community Centre.

"The Jewish superhighway is a metaphor for meaningful Jewish experiences and journeys, where Jewish life is vibrant and no one is left behind," explained Federation President and CEO Andrea Freedman to the crowd of about 50.

With a \$1.7 million annual funding target, the superhighway is the Federation's bold new vision for Jewish Ottawa. It embodies the message of innovative progress, forward thinking and inclusion for all community members at every stage of their lives.

Freedman presented the plan by explaining the highway is a metaphor for busy, active Jewish life. It is accessed and intersected by a multitude of "on-ramps" and "pathways" made up of programs and projects for all ages, interests and needs.

The example given to show an early on-ramp to the superhighway was the PJ Library program. A quick show of hands in the room revealed that more than half of the attendees were engaged



"The four main outcomes of the superhighway are inspiring Jewish experiences for all ages; enriching Jewish education and learning; ensuring care for the vulnerable; and providing a safe and secure community," says Federation President and CEO Andrea Freedman.



"The Jewish superhighway is a metaphor for meaningful Jewish experiences and journeys, where Jewish life is vibrant and no one is left behind," says Andrea Freedman.

in PJ Library either as parents or grandparents. Freedman said stats from the program show that PJ Library families are more likely to make Jewish choices. For this reason, funding this successful program helps fuel the next steps in people's Jewish journeys – like Jewish preschool, day and supplemental school, and later the March of Living and Hillel Ottawa.

"The four main outcomes of the superhighway," Freedman outlined, "are inspiring Jewish experiences for all ages; enriching Jewish education and learning; ensuring care for the vulnerable; and providing a safe and secure community."

To meet these outcomes, Federation is looking at innovative approaches to connecting community and to raising funds.

Freedman said the Annual Campaign, which covers the basic operating costs of the community, needs to increase to simply keep pace with inflation.

"For example, if Tamir continues to do just what it did last year, it will still need more funding as cost increase... Basically, this is what we need to just keep the lights on."

An example of new approaches is that Federation and the Ottawa Jewish Community Foundation are increasing their partnership. Federation has invested some of its reserve funds into Foundation for healthier returns. This could result in an extra \$15,000. Foundation has also increased its 2017 disbursement rate to

four per cent, which means an additional \$200,000-plus is being dispersed to community agencies this year.

Among the innovative ideas for programming that resonated with many in the audience was school transportation. As Freedman explained in the section on Jewish education, she shared results from a recent pilot project in Alta Vista where a private donor helped Congregation Machzikei Hadas cover the cost of a bus for families to get their kids from the south end of the city to Jewish

schools in the west end. She said the families were polled and 46 per cent said they were unlikely to send their kids to Jewish schools if they didn't receive transport help. Federation is actively seeking funding and aims to support the cooperative project in the future.

In another example of forward planning, in the section on helping the more vulnerable, Freedman said Federation aims to support programs to help families before they are in crisis, like helping

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# Notice of Annual General Meeting



The Jewish Federation of Ottawa will hold its 84th Annual General Meeting on **Wednesday, June 20, 2018 at 7:00 pm** in the Social Hall of the Joseph and Rose Ages Family Building. The entire Jewish community is invited to attend.

The Nominating Committee proposes that the following individuals be elected to serve a term of two (2) years as members of the Board of Directors of the Jewish Federation of Ottawa, serving to June 2020:

Jessica Greenberg  
Victor Rabinovitch  
Hartley Stern, Chair  
Danya Vered

Continuing to June 2019 in completion of an existing two (2) year term:

David Appotive  
Kevin Barwin, Secretary  
Stacy Goldstein  
Sender Gordon  
Harold Feder, Treasurer  
Linda Kerzner, Past Chair  
Michael Polowin, Vice Chair  
Nikki Shapiro

The Board of Directors of the Jewish Federation of Ottawa thanks the following director who will be completing her term in June 2018:

Lenora Zelikovitz

Section 11.22 of the by-laws state that "At least thirty (30) days before the annual general meeting, the board of directors

shall send the Nominating Committee report to each Full Member and invite each Full Member to provide the President and Chief Executive Officer, at least fourteen (14) days before the annual meeting, the name of any additional candidates which he/she wishes to nominate, together with a letter of support from five (5) other Full Members of the Corporation and a statement by the candidate of interest and qualifications."

**Submissions should be sent to Solange Ashe, at** [sashe@jewishottawa.com](mailto:sashe@jewishottawa.com) no later than 5 p.m. June 6, 2018 with the following subject line, RE: Nominating Committee Report, additional candidate.

**Nominating Committee:**  
Tamara Fathi  
Jonathan Ben-Choreen  
Freedman  
Andrea Freedman, Staff  
Rabbi Steven Garten  
Stacy Goldstein  
Linda Kerzner  
Steven Kimmel  
Michael Polowin  
Hartley Stern

Please address any questions to  
Solange Ashe  
at [sashe@jewishottawa.com](mailto:sashe@jewishottawa.com)

## Tamir's ILC achievement: How the backing of 'angels' made the difference



MARK PALMER  
GUEST  
COLUMN

In the early days of Broadway in New York City, many stellar productions would never have seen the light of day without the help of what were termed 'angels.' These were influential individuals who recognized talent and promise and were willing to fight against all odds to ensure struggling theatrical productions made it to the stage.

This bit of theatre history comes to mind when looking back over Tamir's long struggle to bring our own 'production' to the Ottawa stage – to create an Integrated Living Centre (ILC) here in Ottawa to address the critical needs faced by people with developmental disabilities and their families. As the Ottawa Jewish Bulletin reported on the front page of the April 30 edition, the Tamir ILC will be built on the Jewish Community Campus.

Guided by an initial concept developed by members of the Tamir senior management team, the organization worked for years and spent a great deal of energy and resources exploring various designs, locations, program options and partnerships. There were many disappointments and setbacks along the way such as failed partnerships, rejected applications for government funding, and promises of support that never materialized. But, through it all, the Tamir Board and senior staff persevered, refining the initial concept, securing partnerships that were a good fit and, ultimately, adapting the program and

overall ILC proposal to satisfy key stakeholders.

But, like a struggling Broadway production, Tamir needed some vital 'angels' to help surmount a few critical hurdles in bringing the ILC to fruition. And as fate or luck would have it, a few years ago, Jewish Federation of Ottawa President and CEO Andrea Freedman introduced Tamir to Hartley Stern.

Hartley, who is now chair of the Federation, had just returned to Ottawa from Montreal, where he served as CEO of the Jewish General Hospital. As Andrea described, he "was looking for a cause where he could make a significant difference."

Every great community cause needs at least one champion, especially when spearheaded by an organization with little access to the "corridors of power and influence." Hartley's efforts on Tamir's behalf raised the profile of the ILC vision, opened doors, and caught the attention of decision-makers.

His sterling efforts were aided and abetted by other angels: Andrea, the Federation Board, and Bryan Keshen, CEO of Reena in Toronto and chair of the International Community Consortium. All of these people played pivotal roles in making the ILC a reality.

In a world where so much of the news is negative, we should celebrate the ILC as a shining example of how perseverance and hard work, coupled with the help of special 'angels,' can make great things happen in our Jewish community.

Thanks to our collective efforts, the ILC production will, in the not too distant future, be opening in Ottawa and when it does we are confident there will be standing ovations all round.

*Mark Palmer is executive director of Tamir.*

## B'nai Brith anti-Semitism audit

(JTA) – Canada had a record number of anti-Semitic incidents in 2017, according to B'nai Brith Canada's annual audit of anti-Semitic incidents in Canada released April 24.

There were 1,752 incidents of harassment, vandalism and violence, a 1.4 per cent increase over the record 1,728 last year.

Ontario recorded nearly half the total, with 808, while Quebec had 474. The rest were scattered among the nation's eight other provinces.

Acts of anti-Semitic vandalism dou-

bled to 322 from 158.

The audit also saw as a "disturbing anti-Semitic trend" a rise in anti-Semitism from both the far right and far left of the political spectrum.

Quebec "is home to Islamist extremist enclaves, a sophisticated far-right scene, and many of Canada's largest anti-Israel groups," the audit said.

To counter these trends, the audit proposed an eight-point plan to increase resources for police hate crime units, a national "Action Plan" and other measures.

# Federation: Inclusion conference was milestone event for Jewish communities

Continued from page 3

parents with the modern challenges of how to teach kids about drugs and navigating the internet. “We hope to invest in measures not previously funded,” she explained.

To sum up, Freedman showed an image of a busy figure-eight roadway, a map of success, each stage building on the next one, with the end result that more people stay on the Jewish super-highway, keeping the journey going: “The results of a successful superhighway will be more frequent and significant Jewish experiences, which lead to more people engaged in community, which will attract newcomers to Ottawa, which will mean more philanthropy and stronger community organizations, which brings us back to the start, creating a place where Jewish life is vibrant and no one is left behind.”

The theme of inclusivity was continued by Linda Kislowicz, president and CEO of Jewish Federations of Canada-United Israel Appeal, who delivered a presentation on the results of the national conference, “Pushing the Boundaries: Disability, Inclusion & Jewish Community,” which was held in Toronto from April 15 to 17.

The conference had more than 25 presenters, panelists and moderators and the goal was to validate the importance of inclusion, inspire innovation, educate and develop national networks.

“All speakers were individuals with disabilities who shared their experiences and showed what they had accomplished,” said Kislowicz.

The themes of the talks spoke to issues they faced in their daily lives: Rabbi Ruti Regan, who has autism, shared that “access speaks louder than words”; Ari Neeman reinforced the idea that people with disabilities must be fully involved in their own life choices saying



Linda Kislowicz, president and CEO of Jewish Federations of Canada-United Israel Appeal, spoke about the national conference, “Pushing the Boundaries: Disability, Inclusion & Jewish Community,” held last month, which included several participants from Ottawa.

“nothing about us, without us”; and Maayam Ziv stressed that “people are not disabled, environments are disabled.”

The topics that were discussed were affordable housing, employment, education, synagogues and camps, and dating and relationships.

Of great importance to many was the issue of employment, Kislowicz

explained. She gave some powerful examples of entrepreneurial projects, like one undertaken by Ziv who has created an app that shows where people can find accessible services when travelling, like restaurants and bathrooms. Another example is Dani, which is a catering service run by people with disabilities and was created by two mothers

who wanted to ensure their kids could find fulfilling, meaningful jobs that fit within their Jewish lives.

Kislowicz also highlighted some of the adaptations communities are making, some as simple as their choice of language. For example in synagogue, instead of the rabbi saying “please rise,” consider the small, but meaningful and inclusive addition, “please rise if you are able.”

Summing up, Kislowicz said this is not short-term work but will require long-term engagement and relationship building. The next steps involve capacity-building consultations and proposals for pilot programs to be funded by micro-grants.

The conference also helped identify inclusion specialists and professionals in local communities to help leaders in different cities implement change at their own level. Perhaps most importantly, Kislowicz said the conference helped connect people and was hugely successful in creating a new national network. She is hopeful this will help keep the topic of inclusivity permanently on the radar of all areas of government and community.

“This was a milestone event for Jewish communities,” she added, saying for the Jewish Federations of Canada, “it was part of their responsibility to put this important social concern on the national agenda.”

Stressing the importance of both talks, Federation Chair Hartley Stern, asked people to take away a few important points from the common messages that while there is much to inspire us, there is still a lot we as a community can do to fill the gaps that exist in services. He urged us as Jews to consider what kind of community we want to live in and how we can step up to help make these inspiring visions our reality.

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REPORT



KAREN PALAYEW, OTTAWA CHAIR  
MARCH OF THE LIVING

## From darkness to light with hope

I have a clear memory of being in Israel at 19 years of age and visiting Yad Vashem. I was walking through the outdoor garden exhibits and came upon the statue of Janusz Korczak – a larger than life memorial of him standing with wide outstretched arms, embracing children, his eyes filled with sorrow and compassion. That day, I learned that he was a pediatrician and an educator. He ran an orphanage for Jewish children in Warsaw, and had a unique way of working with them. He believed in a democratic approach, honouring the children’s individuality and giving each of them a voice to be heard. I learned that he was offered sanctuary by the Nazis and how he chose to stay with the children of the orphanage, ultimately accompanying them to the gas chambers of Treblinka on August 7, 1942.

In that moment, Janusz Korczak

became an inspirational figure to me, and ultimately contributed to my pursuit of pediatrics as a profession.

From April 9 to 24, Shelli Wittes Kimmel, Michael Kent and I had the privilege of accompanying the Ottawa contingent on the 30th anniversary of the March of the Living program. We were in Poland for Yom HaShoah and then in Israel to share in the powerful transition from Yom Hazikaron to Yom Ha’Atzmaut, celebrating 70 years of Israel’s independence. We had an outstanding group of students who were committed to learning about the Holocaust, anti-Semitism, and Israel. They were caring and compassionate with Angela Orosz and David Schaffer, the two Holocaust survivors travelling with us. They were loving and supportive of one another, creating new and strengthening old friendships which will last

them a lifetime.

My involvement with the March of the Living began in 2011 and my passion for the program continues to this day because of the children. During this two-week journey, as chaperones, we observe and process through their eyes. We are tuned in to their emotional responses as they bear witness to man’s inhumanity to man in Poland, and we share in their pride and joy of what they are experiencing in Israel. We are with them as they move from darkness to light.

For each of these young adults, we know that this experience will in some way influence the path they choose to follow in life. They are our ambassadors. They are now the bearers of the torch, carrying the tremendous responsibility to share the history of our past and to be strong voices for humanity. They are our hope for our future.

‘W’hilst we can remember the past, we cannot write the future. Only our children, the future of our community, can do that.’ -Janusz Korczak

We all hold on to memories from our past, memories of experiences that have had a resounding impact on our lives.

FROM THE  
PULPIT



RABBI S. ROBERT MORAIS  
TEMPLE ISRAEL

## Jewish unity: If we will it, it is no dream

Temple in Jerusalem. And yet, when we excavate ancient Israelite cities, we find sacrificial altars. We have evidence of the bitter dispute between the ancient streams of Judaism.

From the responsa letters that went back and forth between Jewish communities in the Middle Ages, it is clear that Judaism in Egypt was vastly different than it was in Rome, not to mention the huge chasms of difference between some of the Eastern European communities. But what is important is that Judaism has always existed with a healthy variety of opinions.

The Talmud teaches that we can, and should, learn what the various voices of tradition have to say on particular topics. Nevertheless, in a stroke of genius, the Talmudic editors understood that any issue should be given more than one voice. In most cases, they did not make a declaration as to which voice was definitively correct.

Jewish practice across the denominations varies greatly. There are practical differences and there are philosophical and theological differences. How can we be unified if we can’t agree?

But our strength has never been in various Jewish groups all agreeing on practice or beliefs. Our strength is in the understanding that each group has given these issues significant thought and study; that each group has come to its own understanding. Our job is to appreciate each group’s opinion, to learn from it, and to allow its wisdom to inform our own opinions and practices.

Recent disagreements over who can pray and how at the *Kotel* (Western

Wall) is an example of how we, as 21st century Jews, miss the mark. For close to 2,000 years – from the destruction of the Temple in 70 CE until 1967 – the *Kotel* was a communal gathering place. Men and women prayed there as their hearts moved them. There was no official authority. No need for someone to tell other Jews how they should pray. Look at images of the *Kotel* from the early-20th century and you’ll see men and women next to each other – not bothering or yelling at each other – immersed in prayer and devotion.

When some elements in Jewish life call for maintaining the “status quo” at the *Kotel*, they are misrepresenting the truth. The status quo is what existed between 70 and 1967. It has only been in recent years that it has taken on the religious observances of an Orthodox synagogue. The *Kotel* belongs to every Jew, and as such, it must be a place where different Jewish practices and behaviours are not only permitted, but *celebrated*.

Often, the modern fallback is to say that if we observe something in the most stringent way then everyone can participate and feel comfortable. In the strongest of terms, I must say that philosophy is completely wrong! It allows one group’s belief and practice to govern everyone else’s. What we need is a model in which various observances and practices are celebrated; in which we share the varied ways of being Jewish with each other.

We need to pursue unity – a unified understanding that we all have much to contribute to the collective of our Jewish community.

The latest hot button issue that has set Jewish media ablaze is Jewish unity.

Avram Infeld, Jewish scholar and president emeritus of Hillel International, says the Jewish people must find a way to be “unified when we are not at all uniform.”

We have *never* been uniform. We have been able to survive and thrive in so many places around the world *because* our varied expressions of Judaism have fostered incredible unity through the centuries.

Sadly, in our own community, while I have seen incredible moments of unity, there have also been disheartening examples of divisiveness.

We argue about the things Jewish communities have argued about since Joshua led us across the Jordan! We are in dispute about who has the authority to tell others how they can and should express their Judaism.

The ancient Temple priests fought hard to consolidate their power and centralize Jewish sacrifice within the

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**FROM THE EDITOR**



**MICHAEL REGENSTREIF**

I'm thrilled to be back to work at the Ottawa Jewish Bulletin. My first day back was April 23 – just in time to work on this edition – after being away on a medical leave since February 5.

My medical adventure began last September when my family doctor sent me for an echocardiogram after she heard a heart murmur that had never been detected before during a routine exam. The echocardiogram – ultrasound imaging of the heart – showed severe stenosis (narrowing) of my aortic valve. When she phoned to tell me the results of the test, the doctor told me she was referring me to a cardiologist but that surgery to correct the problem appeared likely.

The cardiologist confirmed that I would need surgery.

“Are we talking about sooner or

## It's so good to be back

later; months or years from now?” I asked him. The last time I'd had surgery was to have my tonsils out in 1961.

“Probably months,” he said. He strongly suggested cancelling the Florida vacation that Sylvie and I had scheduled for December.

He said he wanted to watch me for a while and scheduled another echocardiogram for March – but said to call him right away if I started noticing such symptoms as fatigue, shortness of breath or angina. A few weeks later, I realized I was having symptoms and called him.

My cardiologist immediately repeated the echocardiogram and then referred me to a surgeon at the University of Ottawa Heart Institute. In December I had an angiogram at the Heart Institute which showed I had no blockages in any of my arteries – so replacing my aortic valve would be the only focus of the surgery.

I also had a consultation with my surgeon. He explained the surgery and discussed the option of whether to replace my aortic valve with a mechanical valve or one made from animal tissue – each has advantages and disadvantages and it was up to me to choose. I opted for the tissue valve tissue but I wouldn't know until after the surgery if my new valve would be from porcine or bovine tissue.

More than one person asked me asked me if it's “kosher” to use porcine tissue. I knew the answer to that question was yes even before Rabbi Reuven Bulka assured me of that during a conversation in January at the SJCC. Ultimately, my surgeon used a valve made from bovine tissue.

My surgery was originally scheduled for February 6. That day I got a call from the Heart Institute postponing the procedure until February 21.

I did have the surgery on the 21st and everything went well. I spent two nights in the ICU and four more nights in a regular room before going home.

I can't say enough good things about the Ottawa Heart Institute. It's an amazing place and everyone I encountered there – doctors, nurses, physiotherapists, orderlies, technicians, clerks, cleaners, volunteers, you name it – is highly skilled, kind and compassionate. We are incredibly lucky to have this world-class facility in our city. I'm currently back at the Heart Institute on Tuesday and Thursday mornings doing the eight-week cardiac rehab program.

Most of my recovery time was spent at home and I also can't say enough about the loving care I received from Sylvie. Recovery was hard work and I couldn't have done it without her. I think I made measurable progress every

day and I felt my strength and stamina increase with my prescribed daily walks which started at six minutes twice per day and increased by one minute each day until I reached 30 minutes twice per day.

Although complete recovery from the surgery takes up to six months, I was able to resume most of my regular activities – including work – after two months. And although both my cardiologist and surgeon explained that the stenosis in my aortic valve had nothing to do with lifestyle choices over the years, I have committed myself to maintaining the heart-healthy lifestyle I've followed over the past several months.

I feel very grateful that I live near the Ottawa Heart Institute. The care I received there – and the continuing follow-up – has been outstanding. And I'm very grateful to be living under the Canadian healthcare system where I received this world-class care simply because I needed it.

I'm also grateful for all the support I've received from family, friends and colleagues from near and far. And special thanks to interim editor Laura Robin and Jewish Federation of Ottawa colleagues Pauline Colwin and Andrea Freedman for taking care of my Bulletin duties while I was away. As I said, I'm thrilled to be back at work.

**IDEAS AND IMPRESSIONS**



**JASON MOSCOVITZ**

It's been a month since returning from my annual family visit to Israel. It has taken that long to process everything I experienced. My first thought was how two weeks is not enough. My dream would be future visits of a month or two.

Grandchildren change things and it was during last year's visit when I first started to notice my perspective changing. The tourist spots were of waning interest in 2017 and of absolutely no interest this year.

This year I immersed myself in family and community life. I joined a Jerusalem community centre and I was in the gym almost every day. Going every day

## What it takes to live in Israel

seemed to help get a snapshot of life in Israel because naked men in a locker room can't hide anything.

The first thing to understand is that unlike Canada, where there are many relatively young, well-heeled retired people keeping health clubs busy during working hours, in Jerusalem, on working days, it's mostly very elderly people – among them many Russian-speakers – who use the pool. These Israelis look weathered and worn. Their eyes say they've had a hard life. They may have earned the right to be grumpy and intensely grumpy many of them are. I didn't take it personally, except once.

I came out of the shower and saw that my stuff which had been left on a bench beneath a hook was gone. As I looked for my clothes, an old guy – I can safely say that because he was at least 20 years older than me – pointed his finger around the corner. My bag and clothes were piled on another bench because the grumpy old man thought my belongings were in his way.

I knew no one spoke much English in that locker room crowd but I wanted to show that I wasn't happy. So, in English, I put on a show of feigned

anger. It was an outburst I would never duplicate in Canada. I think I instinctively did it in Israel because it was my way of sticking up for myself. It seems to me, that in Israel, Jews sticking up for themselves is in the blood as much as stubbornness is often in the air.

The community centre had a spinning room with the usual racing bikes but the classes are only in the evening when people are not working. While in Canada there are daily classes and guaranteed access to cycling facilities between classes, at this gym in Jerusalem, the room is locked during the day.

Because they had no racing bikes on the gym floor I asked for access to the spinning room. But I was told it's never open during the day. On my last day, I asked the gym manager, if, as a special favour, he could quietly unlock the door. He told me he just couldn't.

Flexibility does not come naturally or easily in Israel. I've known that since my daughters made aliyah a decade ago. I knew from their frustration and tears that rules and bureaucracy often lead to a kind of stubborn obstinacy which Canadians can't understand. But history tells us that rules, coupled with

the instinct to stand tall and not give in, are consistent in a country that relies on a strong military to protect it. The military is where soldiers obey orders and follow rules and, of course, almost every Israeli has lived that experience.

Our seder was held in the Golan and it was impossible not to think of the brutal Syrian civil war on the doorstep of thriving Israeli towns. While so much of Syria has been reduced to rubble, Israeli infrastructure in the Golan continues to shine with an emerging oil industry linked by recently built highways.

The contrast between a thriving country in a geo-political neighborhood of turmoil was glaring. The new high-speed train between Jerusalem and Tel Aviv has been completed. Final tests are being conducted before the 35-minute service opens to the public. There are sections where the shiny new train will thunder past the controversial and contested wall separating Israelis from Palestinians.

Seventy years of growth and progress contrasted with 70 years of fighting for the right to continue to progress.

Being obstinate, resolute and sometimes grumpy could be what it takes to live there.



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# Hidden Jewish identities and family stories

GUEST COLUMN

## CHRISTOPHER ADAM

Jason Moscovitz's piece on Jacob Weksler – formerly a Polish Catholic priest known as Romuald Waszkinel – who discovered late in life that he is Jewish (“Ideas and Impressions,” April 16), resonated with me. Like many families in eastern and central Europe, mine too decided to conceal its Jewish identity, as well as the family's tragedy during the Holocaust. My father's family was comprised of Hungarian Jews from Transylvania and from Budapest. In 1944, my father was 12 years old and when I was growing up, he would often share memories of what he saw during the war. But these were always memories of the war, never of the Holocaust. The narrative, as I knew it until just five years ago, at age 32, was that my father's family was comprised of proud Protestants who were heavily involved in Hungarian literary and cultural life, and that my grandfather had disappeared and probably died on the front.

I would find out only after both my father and aunt had passed away that my father's family members were actually Jews. It is true that before the war, the adults in the family had been passionate philanthropic promoters of Hungarian culture and literary life in Transylvania. Yet even this contribution to the Hungarian nation would not save them from deportation and death. My grandfather was killed in Kaufering, a sub-camp of Dachau, in April 1945. Meanwhile, my grandmother, father, aunt and uncle survived the Holocaust in the Budapest Ghetto.

Most of the adult men in the family, notably my father's uncles, were killed in the Holocaust. After 1945,

as my father, his siblings and cousins were coming of age, there existed a tacit understanding not to speak of the family's experiences, or about their Jewish heritage. I discovered a few years ago that one of my father's cousins had decided to break the family silence in an understated, but eloquent way. My great-grandparents, who died before the Holocaust, were buried in what I would learn was a Jewish cemetery in the Transylvanian town of Bánffyhunyard (or Huedin, in Romanian). One of my father's cousins, Ilona Borsai, had not only converted to Roman Catholicism in the 1940s, but became a member of the religious order known as the Sisters of Social Service. Although the order in Hungary was disbanded by Communist authorities in 1950, Ilona continued to live in community with a small group of former members until her death.

In the 1960s, she decided to remember in a modest but meaningful way those in the family, including my grandfather, who had been killed in the Holocaust. On one of the family gravestones in Bánffyhunyard's Jewish cemetery, she engraved the names of the dead, along with the following inscription: “Torn away from their families, they fell victim to racial hatred.”

I won't ever know whether it was her faith or simply her sense of justice that compelled Ilona to break the family's silence in this way. When I finally had the opportunity to learn about the family history and piece together the puzzle through both oral testimony and archival research, I felt that I had to do something to close the circle. I contacted the Holocaust Memorial Centre in Budapest and had my grandfather's name added to the long list of victims on a memorial wall. Seventy years after he was killed, Béla Ádám would not be forgotten.

*Christopher Adam is executive director of St. Joseph's Parish and a member of the Board of Jewish Family Services.*

## Community invited to dedication of Torah honouring Rabbi Yehuda Simes

BY SARA-LYNNE LEVINE  
FOR RABBIE SIMES TORAH PROJECT

On Sunday, May 27, members of the Ottawa Jewish community are invited to a celebration when a new Torah will be dedicated in honour of the late Rabbi Yehuda Simes. It is a rare opportunity to participate in writing a Torah for dedication.

The Sefer Torah dedication begins at 1 pm at the Simes home at 5 Roselawn Court. The final few lines of the Torah will be inscribed in the home and then a celebratory parade will wind through Craig Henry to Congregation Beit Tikvah at 15 Chartwell Avenue for the official dedication at 2 pm. Following a brief presentation, attendees are invited to celebrate with food, friends, music, merriment, and fun.

In December, a small group came together to start raising money to purchase a Torah to honour Rabbi Simes, who passed away February 7, 2017. Born in the United States, Rabbi Simes was a scholar and teacher who lived and taught in Ottawa. His passing left a

huge hole in the lives of his family – his wife Shaindel, their children and extended family – and in the community which included his synagogue, former students, friends and strangers alike who heard about him, followed him, and admired him.

Since January, close to \$60,000 was donated by friends, family and former students in Israel, the United States and Canada. The Rabbi Simes Torah Project is a celebration of the man who impacted so many lives. As a husband and father, the Torah will be a reminder of how he lived his life according to Jewish values. As a teacher, this Torah will be a symbol to all his students. As a community member, the Torah will act as a beacon of Jewish learning; and to all others the Torah will be a symbol of hope, remembrance and strength.

Donations are still being accepted and can be made online at [www.cbto.org/donate/](http://www.cbto.org/donate/) or by contacting Congregation Beit Tikvah at [shul@cbto.org](mailto:shul@cbto.org) or 613-723-1800. You can share and follow the project's progress at [www.facebook.com/RabbiSimesTorahProject/](http://www.facebook.com/RabbiSimesTorahProject/).



Dan Mader  
Board Chair



Lynda Taller-Wakter  
Executive Director

### JNF is Past, Present, Future Building Israel since 1901



JNF Ottawa Executive Director Lynda Taller-Wakter, JNF Ottawa Board Chair Dan Mader, JNF Canada CEO Lance Davis, MK Avi Dichter, Oren Lavi (chief-of-staff for Avi Dichter) and JNF Ottawa Executive Assistant Ilana Albert-Novick at the April 22 event.

#### Standing-room only: A night with MK Avi Dichter

The April 22nd evening event with keynote speaker Avi Dichter was delayed as more and more chairs were needed to accommodate what became a standing room only crowd at the Soloway JCC. Mr. Dichter, a formidable speaker, spoke for over an hour as the 150-plus audience listened to him describe the serious threat to Israel posed by Iran balanced with the occasional lighthearted joke and undercurrent of optimism.

#### What's with Iran? Is there an end-game?

Iran, he says, has created a northern corridor [bordering Saudi Arabia] with five proxies in neighbouring Syria, Lebanon and Gaza. Iran is also creating a southern corridor that includes Yemen and they are working on "controlling" Libya and Sudan. What unites these countries and what softens them to Iran's presence is their mutual hatred of Israel. Although there is no research to support his own thinking, Dichter estimates that Iran wants to control the holy sites of Islam – whether it takes them five, 15 or 50 years, they have the time to wait it out.

#### The UN, the PA and the US – Is there a silver lining?

Dichter provided a few statistics that offer some insight into the status of Palestinians at the UN. The United Nations agency that looks after a global population of 60 million refugees has a staff of 10,000. That's in contrast with a staff of 30,000 at the UN agency, UNRWA, created to look after the Palestinians.

He also reminded people of the hero culture of terrorism: Of the \$400 million Palestinian Authority 2018 budget, 7 per cent is earmarked for terrorists as salaries or pensions or payments to their families. Earlier this year, however, the US Congress passed legislation to eliminate these "martyr payments." The measure, known as the Taylor Force Act, was named after a 29-year-old American military veteran fatally stabbed by a Palestinian while visiting Israel in 2016.

#### Israel moves forward

Thirty years ago, Dichter says, Israel had a population of 4.4 million and a per capita GDP of \$8,000. Today, Israel's population is 9 million with a per capita GDP of \$41,000. "We have no time to wait for the neighbours for a peace process. The train is continuing."

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# Mahmoud Abbas' remarks explain why two-state solution is dying

BY ANDREW SILOW-CARROLL

NEW YORK (JTA) – Rabbi Donniel Hartman had some bad news for his New York audience: The two-state solution might not be dead, but it's not imminent either, and most Israelis don't believe the two-state solution is "implementable in their lifetime."

It's not a matter of ideology or triumphalism or religious messianism on their part, Hartman, president of the Shalom Hartman Institute, said at the Marlene Meyerson JCC Manhattan on May 1. It's that 20 years of false turns and Palestinian terrorism and the false promises of the Arab Spring have undermined the Israelis' capacity for imagination.

"What is the second state?" he asked. "How many functional Arab states are there?" Israelis look around the Middle East and see Syria, Lebanon and Iraq, and demand, "Show me this country that can be functional."

Israelis aren't wedded to occupation, Hartman said, and few want their kids to do what soldiers have to do to maintain it. But they prefer the status quo to whatever unknown thing might replace it.

The Hartman Institute is often described as a liberal Zionist think tank. Certainly its insistence on religious and ideological pluralism makes it suspect on the right. And the left might find itself impatient with the assertion by various Hartman scholars that Israel's security establishment is functioning about as well and as ethically as it can given the circumstances under which it lives.

How those circumstances created the current political climate was a large, and convincing, part of Hartman's talk. And it came the day after Palestinian Authority President Mahmoud Abbas seemed to ensure that the climate won't change anytime soon.

Speaking to the National Palestinian Council in Ramallah, Abbas offered what he called a "history lesson" on Jews and the Holocaust that echoed some of the worst of European-style denialism.

"They say hatred against Jews was not because of their religion, it was because of their social profession," Abbas said, quoting some unnamed scholars on why the Nazis hunted and killed Jews. "So the Jewish issue that had spread against the Jews across Europe was not because of their religion, it was because of usury and banks."

In other words, the six million had it coming to them. And, by the way, Zionism was "a colonial enterprise that has nothing to do with Jewishness," Abbas

said, adding that Hitler and the Zionists were once in cahoots.

The reaction – condemnations across the political spectrum – suggested this isn't a question of dueling narratives. By suggesting the Final Solution wasn't the result of blind and indiscriminate hatred for Jews and all things Jewish, Abbas attacked a core of Jewish self-identity and the scholarly consensus. Israeli Prime Minister Benjamin Netanyahu called it "another anti-Semitic speech," but liberal groups issued unusually strong statements, too. J Street said Abbas' speech "featured absurd anti-Semitic tropes and deeply offensive comments on the history of the Jewish people and Israel."

The dovish Israel Policy Forum emphasized this wasn't just about one leader's bad grasp of history.

"It is impossible to view Abbas as a viable negotiating partner when he continues to deny the right of the Jewish people to their own national movement and when he continues to insist that the basic recognition of a Jewish homeland is the original sin of the Israeli-Palestinian conflict," its statement read.

The Israel Policy Forum statement, like Hartman's remarks, help explain why words like Abbas' drive yet another nail into the coffin of the two-state solution. Israelis yearn for normalization more than occupation, Hartman said. The Oslo process and subsequent efforts by various Israeli prime ministers suggested what Israel was willing to give up to create a Palestinian state. Whether you agree with that version of history or not, Hartman said, "the dominant perception is we offered and they said 'no.'"

But Israelis also define normalization as an acceptance of at least the basic outlines of their historical narrative, beginning with historical Jewish connection to the land of Israel, the truth about the Holocaust and the right of Jews to claim a national identity. Most Israelis are willing to discuss borders and security arrangements, but not until the Palestinians and their supporters accept Israel's existence.

Of course, you can argue that the Palestinians' hatred of the Jews explains why the two peoples need to be separated in the first place. But right now, few in the Israeli public have the stomach to enter into talks and take risks with a partner who thinks the Jews brought the Holocaust on themselves.

For all the bad news he shared, Hartman offered some hope that given the right partner and a new discourse in Israel, a viable new vision for two states might emerge. But don't hang by your thumbs. Israelis look at Gaza and don't see innocents being mowed down along the border, but a society that has invested billions in global aid in constructing tunnels to infiltrate Israel – not to smuggle goods, but in the hopes of kidnapping or killing an Israeli soldier or civilian. Israelis don't want the West Bank to turn into Gaza.

Diaspora Zionism, Hartman said, has the luxury of dwelling in the realm of the imagination. Diaspora Jews can picture the ideal Israel, and even annoy Israelis with their insistence of what that can be.

Hartman doesn't want the Diaspora to stop imagining. Peace, he said, will be the result of a lot of "long-term work." But he does want Jews outside of Israel to recognize what happens when imagination meets the reality of Arab and Iranian rejection.

"In our neighborhood," he said, "imagination gets you dead."

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# CHW to honour Sara Vered at spring tea

BY LINDA SENZILET, SOPHIE FRENKEL  
AND LYNN GILLMAN  
CHW TEA CO-CHAIRS

Sara Vered, a tireless volunteer in both the Jewish community and the wider Ottawa community, will be honoured by Canadian Hadassah-WIZO (CHW) at a high tea on Sunday, June 3, 2 pm, at the home of her friend Dorothy Nadolny.

The Annual Spring Tea, hosted by the Amit, Mollie Betcherman and Ina McCarthy Chapters of CHW Ottawa Centre, is a not-to-be-missed event. Now in its 16th year, it is famous for its delicious party sandwiches, stunning fruit platters, and exquisite homemade desserts.

Born in Tel Aviv, Sara worked as a wireless operator in the Haganah, and later served in Jerusalem and in the Negev during Israel's War of Independence.

Sara is an accomplished leader and builder of the Jewish community. In order to foster a better understanding of Judaism in Canada, she and her late husband founded the Vered Jewish Canadian Studies Program at the University of Ottawa. The Vered family established the Vered Israel Cultural and Educational Program in Ottawa, which presents concerts, lectures, and exhibitions in association with the Embassy of Israel. Sara was a member of the Board of Directors of the University of Ottawa Heart Institute and the National Gallery of Canada, and chair of the Women's Division of the United Jewish Appeal. She was president of the Ottawa Chapter of the Canadian Society for the Weizmann Institute of Science.



Community leader Sara Vered will be honoured at the CHW Spring Tea, Sunday, June 2.

*Sara has chosen the Pediatric Intensive Care Unit at the Assaf Harofeh Medical Center in Israel, to receive the donations made in her honour.*

Sara was honoured at the 2009 JNF Negev dinner for her tireless dedication to the community of Ottawa and to the State of Israel and its people. She was invested into the Order of Ottawa in 2012 in recognition of her involvement in, and commitment to, the Ottawa community. In 2014, Sara became a member of the Order of Canada in recognition of a life spent bettering the world around her.

Sara has chosen the Pediatric Intensive Care Unit (PICU) at the Assaf Harofeh Medical Center in Israel, to receive the donations made in her honour. CHW has committed to funding state-of-the-art upgrades to the world-renowned PICU.

Special guests Alina Ianson, CHW national executive director, and Debbie Eisenberg, CHW national president, will join us to thank our honouree and donors for their help in achieving CHW's mission of supporting children, health care, and women in Israel and Canada.

CHW invites the community to attend the tea on June 3. Donations may be sent to CHW at 1301 Prince of Wales Drive, Ottawa, Ontario K2C 1N2, or online at [www.chw.ca/ottawa-spring-tea](http://www.chw.ca/ottawa-spring-tea). For more information about the event and accessibility, contact CHW Ottawa Centre at 613-699-0802.



**Where's Your Spark?**

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# 15<sup>TH</sup> Annual ISRAELI FILM FESTIVAL

May 24, 27; June 3, 7, 10, 2018  
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For film trailers and additional info visit: [israelifilmfestival.ca](http://israelifilmfestival.ca)



## Thursday, May 24 • 7:00 pm *The Cakemaker*

Director: Ofir Raul Graizer  
Drama 2016 • 105 min

Thomas, a young German baker, is having an affair with Oren, a married Israeli man. When Oren dies in a car crash, Thomas travels to Jerusalem. Not disclosing the relationship, Thomas infiltrates the life of Anat, his lover's widow, who owns a small Café. Thomas works for her, helps her business thrive and becomes involved in Anat's life in a way far beyond his anticipation. He transforms himself to embody the memory of his dead lover.

*A short film on David Ben-Gurion will be screened prior to the feature film.*



## Sunday, May 27 • 7:00 pm *Maktub*

Director: Oded Raz  
Drama 2016 • 100 min

Steve and Chuma, two criminals, are the sole survivors of a terrorist attack at a restaurant in Jerusalem. They decide to change their ways and become flesh and blood angels. After the attack, they go on a journey of wish fulfillment for people who write requests on paper and put them between the sacred stones of the Western Wall.



## Sunday, June 3 • 7:00 pm *Saving Neta*

Director: Nir Bergman  
Narrative 2016 • 90 min

A collection of stories spanning the seasons, each episode introduces a woman "on the verge": a career army officer, a cellist, a mother; and an Israeli-American businesswoman. Influencing each of these fractured lives is Neta, a drifter struggling with his own personal crisis.



## Thursday, June 7 • 7:00 pm *Scaffolding*

Director: Matan Yair  
Drama 2017 • 90 min

Seventeen year old Asher has always been an impulsive troublemaker. It's hard for him to concentrate, and he is compelled by rage and violence; yet he has a considerable amount of charm and "street smarts". While his strict father sees him as a successor to the family's scaffolding business, Asher finds a mentor in his literature teacher and discovers art as a way to understand his world. When tragedy occurs, he struggles to maintain the scaffolding of his life.

*A short animated film Revival of a Nation will be screened prior to the feature film.*



## Sunday, June 10 • 7:00 pm *To Be a Child Again - Israel*

Director: Gabriel & Moy Volcovich  
Documentary 2017 • 60 min

A snapshot of Israel through the lens of eleven children from different backgrounds and demographics. This candid view casts an intimate and personal light on Israel's youth - what they see, how they think, what they learn, and the astonishing impact their thoughts and lives have on their country and the world they will soon inherit.

### ADMISSION

\$13 General Admission  
\$9 Seniors, Students, SJCC and CFI Members  
Tickets available at the door. Cash only.

### FREE BONUS SCREENINGS

Two Classics Courtesy of the Israeli Embassy  
5:00 pm  
June 3 - The Band's Visit  
June 10 - The Policeman

### PARKING

Paid parking is available at the Rideau Centre or Novotel

The Israeli Film Festival is presented by the Canadian Film Institute and the Israel Cultural Forum



For more information please contact Ella Dagan at 613-798-9818 ext. 243 or [edagan@jccottawa.com](mailto:edagan@jccottawa.com)

# Ottawa celebrates Israel's 70th Yom Ha'Atzmaut

**M**ore than 800 community members gathered at the Soloway Jewish Community Centre (SJCC) on April 19 to celebrate Israel's 70th year of independence.

The Yom Ha'Atzmaut festivities began in the gym with music, blow up activity areas, interactive busker shows, face paint, Israel-themed arts and crafts for the kids, and Israeli fare from the SJCC's Babi's Restaurant.

Israeli Singer Shlomo Haviv sang while party-goers of all ages waved their flags and danced.

PHOTOS: HOWARD SANDLER



# New and classic Israeli films to be featured during annual festival

BY MAXINE MISKA  
SOLOWAY JEWISH COMMUNITY CENTRE

The richness of Israel at 70 will be in full view at the 15th annual Israeli Film Festival. The festival will feature five newly released films and two classics in honour of Israel's 70th birthday and will be held in the new Arts Court Theatre at 2 Daly Avenue.

The festival opens on Thursday, May 24 with "The Cakemaker" which begins with a homosexual affair in Berlin between Thomas, a German baker and Oren, an Israeli businessman. After Oren's accidental death, Thomas comes to Jerusalem to absorb what he can about his lover's life and to meet Anat, the wife he had known vicariously through Oren's stories of their intimacy. Not disclosing his connection to Oren, Thomas takes a job in Anat's café and Thomas gradually slips into the life of his departed lover. The film explores how the dead can be embodied through the grief and attachment of the living. Director Ofir Raul Graizer lives in Berlin and visits Jerusalem frequently. A short film about David Ben-Gurion will also be screened.

In director Oded Raz's wry comedy "Maktub" (Arabic for fate), screening Sunday, May 27, two goons who work for a protection racket are the only survivors a terrorist bomb. They head to the Kotel and stumble upon a unique way to make sense of why they were saved: making the prayers of strangers come true. In their not-so-divine intervention in other's lives, they also fulfil their own inner desires.

"Saving Neta," directed by Nir Bergman, an anthology film about four women, one for each season of the year, will be shown on Sunday, June 3. Each story concerns a woman's family ties. The stories are tangentially connected by a drifter, Neta, whom the women encounter. Although the conflicts are left unresolved at the end of each episode, the film has a coda where the characters attend a children's concert and viewers can see at a glance how everything turned out. The classic film "The Band's Visit" will be screened before "Saving Neta."

In "Scaffolding," screening Thursday, June 7, domineering father Milo and his tough son Asher work together in construction. Through his relationship with a literature teacher, remedial high school student Asher discovers how to articulate the inchoate feelings that erupt into violence. Writer-director Matan Yair, who taught troubled students, filmed "Scaffolding" with Asher Lax, a former student performing in an autobiographical role, giving the film a gritty immediacy.

Closing the festival on Sunday June 10 is "To Be a Child Again - Israel," a documentary directed by Gabriel and Moy Volcovich. The film is a snapshot of Israel



Asher Lax is a scene from "Scaffolding," screening June 7 during the Israeli Film Festival.

*The festival will feature five newly released films and two classics in honour of Israel's 70th birthday and will be held in the new*

*Arts Court Theatre at 2 Daly Avenue.*

as seen through the viewpoints of 11 children from different backgrounds and various parts of the country. More than a moment in time, the film is the testimony by the young people who will create Israel's future.

The classic film "The Policeman" will also be screened. All films begin at 7 pm and have English subtitles. Tickets are \$13 per film for the general public or \$9 for Soloway JCC members, Canadian Film Institute members, seniors, and students. Tickets are available for purchase at the door, cash only.

The Israeli Film Festival is sponsored by the Canadian Film Institute and The Israel Cultural Forum (Soloway JCC, the Vered Israel Cultural and Educational Program, the Embassy of Israel, the Jewish Federation of Ottawa and the Canada-Israel Cultural Foundation).

Visit <http://israelifilmfestival.ca/> for more information or contact Ella Dagan, Vered Israel Cultural and Educational Program manager at 613-798-9818 ext. 243 or [edagan@jccottawa.com](mailto:edagan@jccottawa.com).



Sarah Adler and Tim Kalkhof in a scene from "The Cakemaker," opening the Israeli Film Festival on May 24.

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OTTAWA JEWISH  
COMMUNITY FOUNDATION

The Ottawa Jewish  
Community Foundation  
cordially invites you to attend its

# Annual General Meeting

## Wednesday, June 6, 2018

Call to Order: 7 pm  
Soloway JCC, 21 Nadolny Sachs Pvt.

*Guest Speaker Gabi Ashkenazi,  
the Former Chief of the General Staff  
of the IDF and current Chairman  
of the Rashi Philanthropic Foundation*

Please join us as we celebrate the grant  
and scholarship award recipients.

Desserts, refreshments to be served

RSVP by May 31 to Sara Miller at  
613-798-4696 ext 252 or  
smiller@jewishottawa.com



The Auxiliary of Hillel Lodge gathers at its annual tea, October 29, 2017. Funds raised by the Auxiliary support a numerous endeavours at the Lodge.

## Auxiliary of Hillel Lodge telethon coming May 29

BY CORINNE TAYLOR  
AND SHELLEY GOLDENBERG  
AUXILIARY OF HILLEL LODGE

**H**ave you ever watched residents at Hillel Lodge enjoying the tranquility of the aquariums on each floor or enjoying relaxing music? Do you wonder how residents manage in their showers or how the staff communicates about residents' care? Are there recreational activities available on weekends and evenings?

All of these things require funds and that is what the members of the Auxiliary of Hillel Lodge are focusing on in our telethon this year. The wish list given to us by the Hillel Lodge Board for 2018 includes funds for maintaining the six beautiful aquariums, purchasing a portable keyboard, purchasing two safe shower seats, providing tablets for staff to record resident care and providing funding for a recreation assistant.

The Auxiliary's annual telethon is our major fundraiser each year and this year's telethon will be held on May 29. Regional Realty graciously allows us the use of its facilities and provides us

*The wish list given to us by the Hillel Lodge Board for 2018 includes funds for maintaining the six beautiful aquariums, purchasing a portable keyboard, purchasing two safe shower seats, providing tablets for staff to record resident care and providing funding for a recreation assistant.*

with the phones for our major Blitz. We encourage you to watch for 'Regional Realty' on your phone displays and give generously to this very worthwhile event.

The entire community is asked to share in our efforts to provide these much needed items for the residents of Hillel Lodge. With your help we can make this happen!

Remember to mark your calendar! We'll be calling on the evening of Tuesday, May 29.



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**CONDOLENCES TO:**  
Murray Citron on the loss of his sister Shirley by the staff of the Bulletin

**MAZAL TOV TO:**  
Rebecca and Connor Dean on the occasion of the bris of their son Max Lloyd Dean by Peter Fine  
Mira and Brad Royz on the occasion of the bris of their son Ari Royz by Tamara and Mikhail Royz

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Dora Litwack on the loss of her husband Sam by Claire Bercovitch

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**CONDOLENCES TO:**  
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Nina Cass by Sandi Cook

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Len Farber and Family on their loss by Joany and Andy Katz

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Arnie Swedler by Sid and Fran Gershberg

### BEN (BERCHIK) AND IDA GREENBERG MEMORIAL FUND

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Dr. Jodie Murray on her loss by Lily Penso

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### FRANCES AND MORTON ROSS FAMILY FUND

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Howie Levitt on the loss of his wife Karen Papernick-Levitt by Frances and Morton Ross

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Betty Rose by Frances and Morton Ross  
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### SHMELZER-HOROVITCH ENDOWMENT FUND

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### LISE AND MARK THAW FAMILY FUND

**CONDOLENCE TO:**  
Mark Thaw and Family on their loss by Joany and Andy Katz

### MOSES, CHENYA AND HENRY TORONTOW MEMORIAL FUND

**IN OBSERVANCE OF THE YAHRZEIT OF:**  
Ralph Torontow, a beloved father by Tammy Torontow

### STEPHEN AND GAIL VICTOR ENDOWMENT FUND

**CONDOLENCES TO:**  
Dr. Jodie Murray on her loss by Barbara and Pinchas Pleet  
Ms. Jodi Fleishman on her loss by Gail and Stephen Victor

**MAZAL TOV TO:**  
Steven Victor on receiving a well-deserved Honorary Doctorate from Hebrew University of Jerusalem by Adele Tate

### HALTON-WEISS FAMILY FUND

**MAZAL TOV TO:**  
Allan Shefrin and Stephanie Levitz on the safe arrival of Frankie by Debbie and Ron Halton-Weiss  
Natalie Abenheim on the safe arrival of Gabriel by Debbie and Ron Halton-Weiss

**CONDOLENCES TO:**  
Shelli Kimmel on the loss of her Aunt by Debbie and Ron Halton-Weiss

### THE WOMEN'S COLLECTIVE PHILANTHROPY PROGRAM

Providing support for services and programs that directly benefit women and children.

### STACEY SAMANTHA KATZ B'NAI MITZVAH FUND

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Ronald Chorney by Joany and Andy Katz

### JONATHAN, MATTHEW AND ADAM SHERMAN B'NAI MITZVAH FUND

**MAZAL TOV TO:**  
Mr. and Mrs. Royz on the birth of the birth of their grandson by Norman and Dr. Stanley Goldstein

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

## Foundation FACTS



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An endowment fund creates a legacy in support of charitable organizations for current and future generations. The Foundation's funds are carefully invested in fixed income and equity markets - as part of the Ottawa Jewish Community Foundation's larger portfolio - to generate annual distribution income.

The Ottawa Jewish Community Foundation supports the long term financial stability of the agencies which serve the Ottawa Jewish Community.

Find out more at [OJCF.CA](http://OJCF.CA) or contact **Micah Garten**, Director of Development at [mgarten@jewishottawa.com](mailto:mgarten@jewishottawa.com) 613-798-4696 x270



# My internships were invaluable experiences

The Ottawa Jewish Bulletin's DFL intern and two of her colleagues look back on the two years they spent in the Zelikovitz Centre's Developing Future Leaders program.

BY NORAH MOR

For the past two years, I've had the honour of working in Ottawa's Jewish community as an intern through the Developing Future Leaders (DFL) program of the Max and Tessie Zelikovitz Centre for Jewish Studies at Carleton University.

The program, established in 2010, offers students a unique opportunity to enhance their personal skills in a nurturing and empowering environment through placements with various agencies and organizations in the community. Among the agencies who worked with DFL interns this past school year were Hillel Ottawa, Jewish Education through Torah (JET), Hillel Lodge, Save a Child's Heart, Tamir, the Centre for Israeli and Jewish Affairs, the Ottawa Jewish Community School (OJCS), the Zelikovitz Centre and the Ottawa Jewish Bulletin.

I knew next to nothing about Ottawa or the Jewish community here when I arrived in Canada from Israel to pursue graduate studies. It was through the DFL program that I was introduced to so much of what happens in the community and it was through the program that I've met so many of the people I am close to today.

This was my second year as a DFL intern. Last year, I worked with Tamir's management team on internal policies, staff training and annual work-plans. This year, I had the enormous opportunity to build on my Hebrew-language journalism experience in Israel and write for the Bulletin.

One of my final assignments was to write about the DFL program itself and the impact that it has had on participants so I met with fellow interns Thamar Spitzer and Zach Morris.

Spitzer, born and raised in Leiden, Netherlands, has just finished her bachelor's degree in journalism at Carleton University. Next year she will pursue a master's degree at the University of Ottawa Graduate School of Public and International Affairs.



(From left) DFL interns Austin Pellizzer, Jared Hillel, Hannah Novack, Josh Layani, Nehara (Norah) Mor, Mushka Teitlebaum, Zach Morris, Belle Riley Thompson, Hannah Luden and Dayna Goldfarb with DFL coordinator Cindi Resnick (far right) and DFL facilitator Carolyn Bickerton (kneeling). Missing from photo: Thamar Spitzer.

Last year, Spitzer had an internship in the Parliament Hill office of Mount Royal MP Anthony Housefather where she practiced writing in a political context and attended committee meetings, amongst other duties.

This year, she had a completely different work experience and work environment with JET.

"I was part of the fantastic, up-beat team who put things together for the Purim fundraiser, for Jewish Unity Live, and other 'friend-raisers,'" she said.

"It was such a pleasure to work there," she added, "and the added responsibility of being such a small team is that I was able to contribute a lot and I had quite a bit of liberty – attending staff meetings right away."

Morris, who was born and raised in Toronto, is a student at Carleton University's School of Public Policy and Administration. He served his DFL internship at the Ottawa Jewish Community School helping teach Hebrew to Grade 2 and 3 students and helping plan

school events such as Purim and Passover celebrations. "I love teaching," he said, "and I knew the school beforehand – so it was a perfect fit."

Morris also pointed to the experience that all DFL interns receive while jointly organizing an annual fundraising event. Last year we organized a comedy night benefiting the Shalom Bayit program at Jewish Family Services while this year we organized a screening of the film "Rosenwald: The Remarkable Story of a Jewish Partnership with African-American Communities" which raised funds for the Ojigkwanong Centre for Indigenous Initiatives at Carleton University.

"I think the DFL program gives us an opportunity to put our leadership skills to the test with the fundraising," said Morris. "The annual fundraising events taught me how to work as a team member... The communication and networking skills I gained are super important in the workforce."

One of the most important things I will remember from these two years is the enormous guidance and personal knowledge that the Zelikovitz Centre staff showered us with over the two years of my internship. Professors Deidre Butler, director of the Zelikovitz Centre, and Susan Landau-Chark, associate director, Cindi Resnick, DFL coordinator, and Carolyn Bickerton, DFL facilitator, all put in tremendous effort, thought and care helping us to develop tools and abilities we would not otherwise gain so early in our professional lives.

"What I loved most about the program," Spitzer added, "is its self-regulating aspect: you make what you want of it. Like an adult employed in professional context, the DFL program enabled us to create networks that, as students, we wouldn't be able to develop ourselves."

The DFL program is now seeking new students for the 2018-2019 school year. Visit <https://carleton.ca/jewishstudies/developing-future-leaders-program/> for more information.

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# Rabbi Steven Garten honoured by Florence Melton School international directors

## School to offer year one of curriculum in the fall

BY ROSLYN WOLLOCK  
SOLOWAY JEWISH COMMUNITY CENTRE

It was announced at the Florence Melton International Directors Conference, held in Jerusalem from January 15 to 20, that Ottawa's Melton director, Rabbi Steven Garten, would receive the prestigious Florence Melton Leadership and Dedication Award. The annual conference – which Rabbi Garten was unable to attend this year – brings together directors and staff from local branches of the Florence Melton School of Adult Jewish Learning in Canada, the United States, Australia, New Zealand, South Africa and Israel.

The Ottawa branch of the Melton School was successfully revived in Ottawa in 2015 following an eight-year hiatus. The key to Melton's success in Ottawa lies directly with Rabbi Garten, who, after retiring from years in the pulpit at Temple Israel, decided to devote his energies to adult Jewish education.

Rabbi Garten's passion and mastery of teaching is reflected in the fact that his Melton students return to continue their studies after graduating from the two-year core program of study. The Soloway Jewish Community Centre (SJCC), Melton's host and administra-



Rabbi Steven Garten (centre), with Maxine Miska, SJCC assistant executive director (left) and Roslyn Wollock, SJCC Adult Education manager, holds his Florence Melton Leadership and Dedication Award.

tive arm in Ottawa, continues to receive testimonials attesting to Rabbi Garten's breadth of knowledge, his ability to convey that knowledge clearly, and his ability to create a pluralistic, egalitarian and stimulating environment.

Over the past three years, 80 students have passed through Melton's SJCC doors. Today it is the only

Melton School operating in Canada. The school will begin its fourth year in September and will offer the first year of the Melton two-year core curriculum. Courses include "The Purposes of Jewish Living," an exploration of both ancient and modern responses to many of the major issues of Jewish thought and theology, and "The Rhythms of Jewish Living," which looks at a wide variety of Jewish sources to discover the deeper meanings underlying Jewish holidays, lifecycle observances, and Jewish practice.

This fall will also see the addition of a long anticipated new graduate course, "The Star and the Crescent: The Long Relationship of Judaism and Islam." During this 10-week program, students will look at the longstanding relationship between Judaism and Islam, between Jews and Muslims, and will challenge long held assumptions held by both groups.

Tuition for year one of the core program (25 weeks) is \$500. Tuition for the graduate course (10 weeks) is \$250.

For further information about the Florence Melton School of Adult Jewish Learning, contact Roslyn Wollock, SJCC Adult Education manager/Melton administrator at 613-798-9818, ext. 254.



Israel at 70  
Ottawa Jewish Bulletin  
May 28



**Hockey champs:** Team White/Arctic Empire are the JCC Men's Hockey League champs for 2017-2018. (Standing, from left) Howie Fremeth, Ryan Goldberg, Joe Sauret, Jonathan Katz, Ivan Mitar, Stephen Rich, Daniel Cherney, Matt Ratson, (kneeling) Marshall Rothman, Jeff Sherman, P.J. Rothman, Jacob Polowin and Gabriel Spector. Missing: Ryan Bodnoff and Josh Garrellek.

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**613-728-3990**

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

**Card Donations**

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

On behalf of the residents and their families, we extend sincere appreciation to the following individuals and families who made card donations to the Hillel Lodge Long-Term Care Foundation **between April 11-25, 2018 inclusive.**

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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.

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**In Memory of:**  
Cila Farber by Stella Beck

**Boris and Dolly Blacher Family Fund**

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Cila Farber by Neil Blacher and Marilyn Adler

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**In Memory of:**  
Paul Cook by Murray Citron

**Joel and Sharon Edelson Family Fund**

**In Memory of:**  
Paul Cook by Joel and Sharon Edelson

**Friedberg and Dale Families Fund**

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Harold and Rosalie Schwartz Mazel Tov on the birth of your granddaughter by Elaine Friedberg and Bob Dale  
**In Memory of:**  
Cila Farber by Elaine Friedberg and Bob Dale

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Julia Gluck and Ted Overton Mazel Tov on Jess's engagement to Ayelet by Toby and Joel Yan, Carol Shattner and Barry Appel  
Franklin and Elaine Goldstein Mazel Tov on the birth of your grandson by Julia Gluck and Ted Overton and Jess and Ayelet

**Evelyn and Irving Greenberg Fund**

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Issie and Leah Scarowsky Mazel Tov on a very special honour by Evelyn Greenberg  
Sylvia Freeman Mazel Tov on your special Birthday by Evelyn Greenberg  
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Esther Conway by Evelyn Greenberg

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**In Memory of:**  
Nina Cass by Elissa and Avi Iny  
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Leiba Krantzberg Mazel Tov on your special Birthday by Margo, David, Aaron and Gail Kardish

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Arnie Swedler Mazel Tov on your 80th Birthday by Sol and Helen Rauch  
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**Archie and Lillian Taller Memorial Fund**

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**In Memory of:**  
Perry Silverman by Anna and Sam Wex

**Toby and Joel Yan Family Fund**

**In Memory of:**  
Cila Farber by Toby and Joel Yan  
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**Feeding Program**

**In Honour of:**  
David Resnick Mazel Tov on your 65th Birthday by Barbara and Steve Levinson  
Stephen and Debra Schneiderman Mazel Tov on the birth of your granddaughter Layla by Barbara and Steve Levinson  
Rosalie and Harold Schwartz Mazel Tov on the birth of your granddaughter by Carol and Laurie Pascoe  
Stephanie Levitz and Allan Shefrin Mazel Tov on the naming of Frances Gerri by Carol and Laurie Pascoe  
Tamara and Mikhail Royz Mazel Tov on the birth of your grandson by Barbara and Steve Levinson

**In Memory of:**  
Nina Cass by Dee and Yale Gaffen, Carol and Laurie Pascoe  
Cila Farber by Dee and Yale Gaffen, Donna and Eric Levin, Carol and Laurie Pascoe, Carol Gradus, Fran Kesler  
Earl Levitt by Fran Kesler

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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From page 18

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Bob Brinker by Donna and Eric Levin

Esther Cohen by Lysette and Louis Kohn

Sima Mlynarski by Helen and Mayer Alvo

Joe Murray by Corky and Ruth Bordelay

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**In Memory of:**

Gerhard Harr by Grace and Barrett Brickell

Leila MacNeill by Evelyn Monson

Perry Silverman by Ingrid Levitz, Janet and Norman Ironstone, Flo and Joel Morgan

Cila Farber by Harriet Dennis, Harris Pleet, Sylvia and Morton Pleet, Residents, staff and Boards of the Lodge and LTC Foundation, Ingrid Levitz, Patricia Howell, Harvey Slack, Malca and Chuck Polowin, Golda and Ned Steinman and family, Lily Feig, Sarah Levin, Sandy Goldberg and John Jussup, Josh Engel, your friends at Merovitz Potechin, Recruiting in Motion Ottawa, Richard Addleman, Sol and Zelaine Shinder, Josh, Sarah and Nina Barber, Carol and Stuart Levine, Susan St Amand and daughters,

David Cimpello and Jessica McCoy, Katie Au and Jonathan Maynard, Brenda and

Robert Rothwell, Flo and Joel Morgan, Stephen and Debra Schneiderman, Pheung and Pean Taing, David Houghton, Sabina Wasserlauf and John, Benjamin and Zachary Kershman, Ron Vered, Jill and Allen Bellack, Shirley Marcus, Ian and Penelope Ashe, Gary and Debra Viner, Susie Caplan-Firestone and Phil Firestone and Teema Lewin

Elliott Feller by Betty and Ed Rose

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Paul Cook by Sandy Shaver

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Esther Conway by the residents, staff and Boards of the Lodge and LTC Foundation

**In Observance of the Yahrzeit of:**

Jacob and Pearl Gold by Sylvia Gold Fisher

Louis and Sydney Gold by Sylvia Gold Fisher

**In Honour of:**

Sylvia Freeman Mazel Tov on your 95th Birthday by Rita Hornstein, Marcia, Stuart, Breanne, David and Oliver Freeman, Bonnie and Bruce Engel and family, Roslyn and Gordon Byer, Cynthia Cowan

Harold and Rosalie Schwartz Mazel Tov on the birth of your granddaughter by Ingrid Levitz

Arnie Swedler Mazel Tov on your special Birthday by Janet and Norman Ironstone

Ed and Betty Rose Mazel Tov on your growing family by Bill and Jane James

Stephen and Debra Schneiderman Mazel Tov on the birth of your granddaughter by the Board and Executive of Hillel Lodge

**R'Fuah Shlema:**

Barry Baker by Bill and Jane James

**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](mailto:mmiller@hillel-ltc.com)

Chairs: Adam Schacter and Seymour Mender



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**Get To Know Us**

ADVERTORIAL



**Issie and Evelyn Hoffman**

January 5, 1958. I assumed that I erred on the date he moved to Ottawa – so I re-asked the question. Issie smiled and told me that he moved to Ottawa on the day he married Evelyn.

It was the second marriage for both of them, and they instantly had a family with son Irv and daughter Sue-Anne (z"l) from their previous marriages. Evelyn and Issie's family grew to include David and Shelley and today their family includes nine grandchildren and two great grandchildren.

Interviewing Issie is a history lesson and a lesson in marketing all rolled up into one...and always fun. Ask Issie when he first met Evelyn and he'll tell you that she was at his Bris – The punchline: Issie's parents (Joseph and Laya Hoffman) and Evelyn's parents (Mary and Ben Rosenblatt) knew each other and Mary was pregnant with Evelyn at Issie's Bris.

Issie was living in Montreal when a friend of the family suggested that he go on a blind date with Evelyn. Evelyn came to Montreal, stayed with friends of the family and the two of them stayed up talking till 4:00 am. Issie came home and told his mother "Ma, I'm going to marry her". His mother replied asking if he was sure. He had just met her and then his mother added in Yiddish "Zol zein mit glick" (if you don't understand Yiddish, visit the Lodge and Issie will explain).

I felt like Issie was playing Abbott and Costello's – "Who's on First" routine when I asked him when he moved to Ottawa, and he answered – January 5, 1958. Then I asked him when he and Evelyn were married and he answered –

When Issie moved to Ottawa, he started working at Handy Andy's at Westgate. After building up the business over four years, Issie was disappointed when the company passed him over for a promotion and suggested that he move to Quebec to run a store in Verdun. Issie said "no thank you" and resigned. Through a connection, he met someone who offered him a job selling Life Insurance for London Life. Issie tells me that in those days, you went door to door to sell insurance. So he walked and knocked... "What's the worst they can say?" As Issie is a people person, he had instant success.

In the 1960's Issie and Evelyn owned a store called "Hoffman's Wearing Apparel" in the City View Plaza near Merivale and Clyde (you know, where Melo's and the Ontario driver's license renewal place is). Evelyn took care of the store and Issie sold life insurance. Issie will tell you that Evelyn was incredible at math. Growing up her fellow students would ask her for help before their teacher. Once Kmart and other stores started popping up, it was time to get out of the clothing business, and Evelyn wanted more time to take care of their four children

Issie and Evelyn celebrated their 60th wedding anniversary at Hillel Lodge, with Issie reading the Haftorah (as he also does on the Yahrzeit of his daughter, mother, father and brother), and sponsoring a Kiddush for all in attendance. Issie and Evelyn are now living at the Lodge. They have been supporters of the Lodge for a long time, as Evelyn's parents Mary and Ben Rosenblatt were residents on Wurtemberg and Ben was one of the first residents at the current location on the Jewish Community Campus. Evelyn and Issie have insured that their legacy of support for the Lodge will continue after they are gone by opening and actively contributing to the Evelyn and Isadore Hoffman Family Fund with the Hillel Lodge LTC Foundation, and they have both included a bequest in their Wills to continue supporting the Residents of Hillel Lodge.

By Mitch Miller, Executive Director, Hillel Lodge LTC Foundation



# We have not yet fulfilled the dream of a Jewish home

Usually a 70th birthday celebration is an occasion for unbridled joy. Although 70 is not what it used to be it is still a milestone achievement for an individual or a country. Yet, in keeping with our history of being a 'stiff-necked' people, Yom Ha'Atzmaut in Israel was just the opposite.

In previous years the national celebration on Mount Herzl was purposely apolitical with the major address offered by the Speaker of the Knesset. This year, Prime Minister Benjamin Netanyahu demanded to deliver the address and only a last minute compromise, in which both Knesset Speaker Yuli Edelstein and Netanyahu spoke, saved the celebration from total chaos.

If that were not enough to dim the 70 candles, an "alternative celebration" was held. After much political wrangling the gathering was permitted. Noted Israeli author David Grossman, this year's recipient of the Israel Prize, was the keynote speaker. His words were a powerful reminder of how some Israelis, and perhaps some living in the Diaspora, feel that the hope of 1948 has not yet been realized.

"We Israelis, even after 70 years, no matter how many words dripping with patriotic honey will be uttered in the next few days – are not yet there. We are not yet home. Israel was established so that the Jewish people, who have nearly never felt at home in the world, would finally have a home. And now, 70 years later, strong Israel may be a fortress, but is it a Jewish home?" said Grossman.

As part of the celebration Minister of Culture Miri Regev, whose office was responsible for all the official celebrations, invited the public to electronically sign Israel's Declaration of Independence. A powerful idea which should have added greatly to the significance



**RABBI STEVEN H. GARTEN**  
**A VIEW FROM THE BLEACHERS**

of the occasion. Instead it led to a public furor over whether the minister and her colleagues in the Knesset are truly committed to its principles, particularly to the paragraph which reads in part, "The State of Israel...will be based on freedom, justice and peace as envisaged by the prophets of Israel."

The document does not proclaim the state to be a theocracy or grant Jews preferential rights beyond the right of return. In fact, it states the very opposite, that Israel "will foster the development of the country for the benefit of all its inhabitants," provide "complete equality of social and political rights to all its inhabitants, irrespective of religion, race, or sex" and "guarantee freedom of religion, conscience, language, education and culture." Needless to say, a number of Israelis signed the document and a number of Israelis chose not to.

These examples of strife surrounding Yom Ha'Atzmaut are symptomatic of the debate in Israel that encompasses both the question of democracy and the question of Judaism. Israel is a thriving democracy if you live within the pre-1967 borders. As with all democracies there are ongoing struggles to define the parameters of the term. Even Justin Trudeau, now our own prime minister, suggested during the 2015 federal election campaign that our voting system was less than optimally democratic. These ongoing debates in

Israel and elsewhere about the exact form and content of a democracy are at the heart of democratic systems. The more open, inclusive and transparent a country is, the greater the proof of the country's commitment to the ideals of democracy.

Yet, only in the State of Israel does the debate about a Jewish state occur, and only in Israel does the debate take place in the halls of political power, the Knesset. These public debates have a significant impact on how Jews living outside the state emotionally connect to the land of our ancestors.

Recent events on U.S. college campuses indicate that fewer and fewer Jewish students stand up to defend Israel in the BDS debates. Why is that? Could it be that conversations about the Jewish nature of the state usually result in decisions that challenge how we understand Jewish life in North America? The determination of who is a Jew, the decision to allow yeshiva students lifetime exemptions from military service, the binding of woman to dysfunctional marriages, the exclusion of hundreds of thousand Jewish citizens from state sanctioned wedding ceremonies, the uncertainty of burial rights for those declared to be not Jewish. Could it be that the long public debate about the obligation to provide sanctuary for African refugees seems to fly in the face of the verses of the Haggadah that tell us to "let all who are hungry come and eat."

Israel asks us to stand with her even when we might not agree with its political decisions. But how likely is that when her decisions about the Jewish character of the state, which should include us, do not?

Maybe David Grossman is correct. There is much to celebrate, but we have not yet fulfilled the dream of a Jewish home.

## LYN JULIUS

**SPEAKING ABOUT HER BOOK: *UPROOTED***  
How 3000 Years of Jewish Civilisation in the Arab World Vanished Overnight

**WEDNESDAY MAY 16**  
**7:00PM**

**SOLOWAY JCC**  
FREE ADMISSION

Who are the Jews from Arab countries? What made them leave countries where they had settled for thousands of years? What lessons can we learn from the mass exodus of minorities from the Middle East?

Author Lyn Julius answers these questions and more in *Uprooted*, the culmination of ten years studying these issues. Jews lived continuously in the Middle East and North Africa for almost 3,000 years. Yet, in just 50 years, their indigenous communities outside Palestine almost totally disappeared as more than 99% of the Jewish population fled.

Lyn Julius is a journalist, blogger and co-founder of Harif, a UK association of Jews from the Middle east and North Africa.

The book will be on sale after the talk.



For more information contact Fred Litwin [fred.litwin@gmail.com](mailto:fred.litwin@gmail.com)



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# ‘Loving Every Child’: Korczak’s words of wisdom

**D**uring my first pregnancy, I read dozens of parenting books, watched “What to Expect When You’re Expecting” at least twice and burned through five seasons of the BBC television series “Call the Midwife.” Had I been introduced to the writing of Janusz Korczak earlier, I may have saved myself countless hours. He recognized that parents have inherent knowledge concerning child rearing and need to trust their natural abilities.

Henryk Goldszmit was born to a Jewish family in Warsaw in July 1878. He is better known by his pen name Janusz Korczak. Korczak dreamed of a world where there were neither poor nor hungry children. He was passionate about helping children in need. He studied medicine and worked at a hospital for Jewish children. When he wasn’t practicing medicine, he was writing about education and orphanages. He accepted an invitation to be the director of an orphanage for Jewish children that opened in 1912.

Korczak helped design the orphanage to be a place where children could thrive. Here the children self-governed by electing a parliament that created its own rules, which even the staff had to follow. A children’s court decided on punishments if rules were broken. “Forgiveness” was a cardinal rule and Korczak taught that making a mistake was actually a learning opportunity. Life in the orphanage wasn’t just about rules and governance. Korczak recognized the importance of, and ensured there was plenty of time for, learning skills, playing games, and reading.

During the Second World War, the Nazis deported Jews to a walled ghetto. Korczak and the children had to move to the ghetto but he continued to ensure the



EMMA MALLACH  
**MODERN  
MISHPOCHA**

*“Forgiveness” was a cardinal rule and Korczak taught that making a mistake was actually a learning opportunity.*

children were loved and did whatever he could to provide for their needs. Despite offers to escape from the ghetto, Korczak refused to abandon the children. In August 1942, Korczak was ordered to take his children to the train station from where they were sent to the Treblinka extermination camp. While he couldn’t save himself or his children from death at the camp, his legacy survives in a lifetime of nurturing and empowering children.

I was introduced to Janusz Korczak’s writing through PJ Library’s Parents Book Choice in June 2016. I read *Loving Every Child, Wisdom for Parents* in one sitting. I was most inspired by the following excerpts.

*“I want everyone to understand that no book and no doctor is a substitute for one’s own sensitive contemplation and careful observations.”*

This boosts my confidence in my own ability to raise my children and helps me realize that I am an expert when it comes to my children’s needs. By no means is this meant to be dismissive of a doctor’s

advice; Korczak was himself a doctor. It is a reminder to be critical of sources and certain “expert” opinions.

*“When is the proper time for a child to start walking? When she does. When should her teeth start cutting? When they do. How many hours should a baby sleep? As long as she needs to.”*

Some parenting books fail to acknowledge that children are people and gloss over the fact that every child is different. I think the consequences are quite severe since it leaves many parents feeling guilty or anxious that they aren’t doing things right or that something might be wrong with their child. Children need to be seen as people with their own likes, dislikes, and rights. Parenting should be enjoyable and this means not putting too much pressure on children and not being so hard on oneself as a parent.

*“One must be careful not to confuse a good child with an easy one.”*

As a new parent it didn’t take long for me to realize that this was going to be one of the most difficult and challenging responsibilities of my life. An easy child still needs to be taught our customs and conventions. All children require positive energy and patience on behalf of parents. This investment can help transform parenting into one of life’s most rewarding endeavours.

What I like most about Korczak’s writing is it reads as words of wisdom and not as advice. In my case it changed my life as a parent.

**Editor’s note:** Stephanie Shefrin is taking a well-deserved break from the Modern Mishpocha while she enjoys maternity leave and has arranged for Emma Mallach to write the column while she is off.

## 17th

ANNUAL

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# Nutritional supplements: Most don't need them

According to Statistics Canada, 45 per cent of Canadians use nutritional supplements (vitamins, minerals, multivitamins, fibre supplements or fish and other oils high in omega-3 fatty acids) on a daily basis. That figure increases dramatically in people aged 51 to 70 years, with almost two-thirds of women and 42 per cent of men in that age group using supplements.

Since writing "What you need to know about nutritional supplements" in this column three years ago (March 4, 2015), more scientific studies have been conducted to identify what, if any health benefits, supplementation provides. The conclusion is still that there are no measurable health benefits for healthy people who take vitamins or multivitamins.

<https://tinyurl.com/ybjtkbkl>

A 2017 study published in the Journal of Nutrition found that "there's no conclusive evidence that dietary supplements prevent chronic disease in the average person." <https://tinyurl.com/y8smzelk>

The use of supplements "is not justified and they should be avoided. This message is especially true for the general population with no clear evidence of micronutrient deficiencies, who represent most supplement users in the United States and in other countries." <https://tinyurl.com/yaxdpd3n>

Despite the many problems with the average Western diet (high in sodium, sugar, saturated fat and calories), it tends to provide sufficient vitamins and minerals for the average person, especially since many food products such as flour, milk and salt are fortified with vitamins and minerals.

Only a quarter of supplement consumers do so on the advice of their doctor. What's the harm of taking



GLORIA SCHWARTZ  
**FOCUS ON FITNESS**

supplements when you don't have a nutritional deficiency? Besides being a waste of money, some supplements can be harmful especially when taken in large doses. For example, vitamin E used to be recommended for heart protection, then it was discovered that vitamin E can increase the risk of prostate cancer and heart disease. Studies found that beta carotene pills increased the rate of lung cancer. Similarly, calcium supplements were once highly promoted as a preventative strategy for osteoporosis; more recent findings are that calcium supplements increase the risk of kidney stones and heart disease.

The use of some supplements has declined as certain ones have fallen out of favour, but more people than ever are taking fish oil and vitamin D. Fish oil supplements are touted as a strategic tool to prevent heart attacks, some cancers and even dementia, but there isn't yet any substantial scientific support. Eating fish a couple of times per week instead of eating less healthy foods is considered a sensible choice for reducing risks and studies suggest that the behaviour of replacing junky meals such as burgers and pizza with a healthier choice of fish (not fried) – not necessarily the consumption of omega-3 in the fish – reduces the risk of various diseases.

Clinical trials of vitamin D for falls prevention in

seniors have had contradictory findings; investigation is ongoing. However, for many supplements, the lack of benefits and/or potential harm is clear and further investigation is unjustified.

Vitamin supplements may be recommended for some populations and contraindicated for others. For example, folic acid is important for women who are pregnant or planning on getting pregnant; but it has no proven benefits for older adults and studies show it increases their risk of cancer.

When it comes to access to supplementation, there's a health disparity in North America. People who take vitamins tend to be more educated, have higher incomes and live a healthier, more active lifestyle; these factors tend to reduce their risks for heart disease and cancer whether or not they take vitamins. Low-income Canadians are less likely to take supplements even though their diets may not be as balanced and they are more likely to have nutritional deficiencies.

Are you the type of person who tends to jump on the bandwagon when you hear of possible health benefits of supplements? Are you taking a multivitamin to combat your suboptimal diet or as an insurance policy? Proactive behaviour is a good thing but it's wise to get the facts. Eating better – even small improvements – and exercising may be your best strategy. Don't waste your time and money taking supplements that are ineffective or potentially harmful. Don't get your "facts" from magazines at the checkout aisle or people whose objective is to sell supplements whether you need them or not. Talk to your medical doctor about whether you need testing for nutritional deficiencies and to discuss the pros and cons of any supplements before you add them to your daily regimen.

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For more info, contact Estelle at [estelleallen@tamir.ca](mailto:estelleallen@tamir.ca)

# WHAT'S GOING ON | May 14-May 27, 2018

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

## ONGOING EVENTS

### Ottawa Israeli Dance

7 - 10 pm, Tuesdays until May 29  
31 Nadolny Sachs Pvt.  
Contact: Judy, [judy@ottawaisraelidance.ca](mailto:judy@ottawaisraelidance.ca)  
Contemporary Israeli dances. Old favourites. Great music. Exercise.  
Cost: \$5/evening (pay at the door).

### Kol Miriam Ladies Choir

7:30 - 9 pm, Wednesdays until June 27  
10 Nadolny Sacks Pvt.  
Contact: Laura Lunn, [llunn@magma.ca](mailto:llunn@magma.ca)  
Uplifting Jewish music by women for women. Directed by Leora Nauta.

### Mah-jong at KBI

1:30 - 3:30 pm, Thursdays until May 31  
Kehillat Beth Israel Congregation,  
1400 Coldrey Ave.  
Contact: Deborah Zuker, [rabbizuker@kehillatbethisrael.com](mailto:rabbizuker@kehillatbethisrael.com)  
Cost: \$2. Beginners and experienced players welcome. Bring sets and cards if you have them.

## TUESDAY MAY 15

### Malca Pass Library Book Discussion Group

7:30 - 9 pm, Kehillat Beth Israel,  
1400 Coldrey Ave.  
Contact: Maureen Kaell, [mkaell@rogers.com](mailto:mkaell@rogers.com)  
Cost: \$5. "Do Not Say We Have Nothing" by Madeleine Thien will be reviewed by Deborah Saginur; discussion will follow.

### AGING ISN'T FOR SISSIES - Jewish Family Services talks about Dementia

7 - 9 pm, Jewish Family Services of Ottawa, 2255 Carling Ave., Suite #300  
Contact: Tal Palgi, [tpalgi@jfsottawa.com](mailto:tpalgi@jfsottawa.com)  
Registration required. A panel of experts will speak about signs, strategies and resources for caregivers and loved ones.

## THURSDAY, MAY 16

### Author talk about the end of Jewish communities in the Arab world

7 - 9 pm  
Contact: Fred Litwin, [fred.litwin@gmail.com](mailto:fred.litwin@gmail.com)  
Lynne Julius speaks about her book *Uprooted: How 3000 Years of Jewish Civilisation in the Arab World Vanished Overnight*.

## FRIDAY, MAY 17

### A Retrospective of Camp B'nai Brith Ottawa

7:30 - 9:30 pm  
Contact: Anna Bilsky, [humbil@rogers.com](mailto:humbil@rogers.com)  
A Retrospective of Camp B'nai Brith Ottawa. Share your memories of Camp B'nai Brith during this fun filled, nostalgic evening. Sponsored by The Ottawa Jewish Historical Society in partnership with the Soloway JCC

## SATURDAY, MAY 19

### Shavuot Parent & Child Learning

5:30 - 6:30 pm, Congregation Machzikei Hadas, 2310 Virginia Dr.  
Contact: [office@cmhottawa.com](mailto:office@cmhottawa.com)  
Want an opportunity to learn with your children? Join us! Ages 6 and up. Ice cream included!

## SUNDAY, MAY 20

### Shavout Dairy Buffet and Ice Cream Party at University of Ottawa

11 - 12:55 pm, University of Ottawa  
Contact: Chaim Boyarsky, [rabbichaimb@chabadstudentnetwork.com](mailto:rabbichaimb@chabadstudentnetwork.com)  
Join with family and friends on the first day of Shavuot for the reading of the 10 Commandments followed by a scrumptious Shavuot dairy feast. Sponsor: Rohr Chabad Student Network of Ottawa

### Shavuot at Machzikei with Scholar In Residence Pasha Kletenik

8:45 am - 12:45 pm, Congregation Machzikei Hadas, 2310 Virginia Dr.  
Contact: [office@cmhottawa.com](mailto:office@cmhottawa.com)  
Gourmet dairy lunch and ice cream bar catered by B'tavon. Topic: Judaism: A Faith of Reason or Obedience?

### Shavuot at Machzikei (Kids Program)

10 - 11:45 am, Congregation Machzikei Hadas, 2310 Virginia Dr.  
Contact: [office@cmhottawa.com](mailto:office@cmhottawa.com)  
Children's holiday program with healthy snacks, games, story time, cupcake decorating and kids parade into Shul.

### Shavuot Celebration

11 am - 1:00 pm, Ottawa Torah Centre Chabad, 111 Lamplighters Dr.  
Contact: Rabbi Blum, [rabbi@theotc.org](mailto:rabbi@theotc.org)  
Celebrate the 3,330th anniversary of the great event at Sinai by hearing the Ten Commandments. Enjoy a dairy kiddush, children's program and ice cream party. No charge. All welcome!

## THURSDAY, MAY 24

### 15th annual Israeli Film Festival

7 - 9 pm, Arts Court, 2 Daly Ave.  
Contact: Ella Dagan, [edagan@jccottawa.com](mailto:edagan@jccottawa.com)  
Cost: \$13. *The Cakemaker*. Sponsored by Vered Israel Cultural and Educational Program, Soloway Jewish Community Centre, The Embassy of Israel, Jewish Federation of Ottawa, Canadian Film Institute, Canada Israel Cultural Foundation.

## FRIDAY, MAY 25

### TOTally Shabbat at Temple Israel

5:30 - 6 pm, Temple Israel,  
1301 Prince of Wales Dr  
Contact: Sue Potechin, [suepotechin@rogers.com](mailto:suepotechin@rogers.com)  
RSVP to Cathy in office 613-234-1802 613-864-8156. Multi-generational program for families with children under 6. Songs, prayers, dances and stories. Free meal served at 6 pm. Erev Shabbat services at 6:30 pm. Everyone welcome!

## SUNDAY, MAY 27

### Torah Dedication in Memory of Rabbi Yehudah Simes

2 - 5 pm, Congregation Beit Tikvah  
15 Chartwell Ave.  
Contact: Rabbi Zischa Shaps, [zshaps@gmail.com](mailto:zshaps@gmail.com)  
A new Torah will be presented to Congregation Beit Tikvah of Ottawa in Honour of Rabbi Yehudah Simes of blessed memory.

### 15th annual Israeli Film Festival

7 - 9 pm, Arts Court, 2 Daly Ave.  
Contact: Ella Dagan, [edagan@jccottawa.com](mailto:edagan@jccottawa.com)  
Cost: \$13. *Maktub*. Sponsored by Vered Israel Cultural and Educational Program, Soloway Jewish Community Centre, The Embassy of Israel, Jewish Federation of Ottawa, Canadian Film Institute, Canada Israel Cultural Foundation.

### AJA 50+ Trivia Night

7 - 10 pm, Temple Israel,  
1301 Prince of Wales Dr.  
Contact: Annette Paquin, [aja50plus@sympatico.ca](mailto:aja50plus@sympatico.ca)  
Cost: \$25. The Annual AJA 50+ Trivia Night is open to the public. Get a team together or get placed on a team. Tons of fun, great food, wonderful silent auction. Register yourself or a group here: <https://aja50plus.ca/upcoming-events>

## CANDLE LIGHTING BEFORE

MAY 18	8:11
MAY 25	8:19
JUNE 1	8:25
JUNE 8	8:31
JUNE 15	8:35
JUNE 22	8:37

## BULLETIN DEADLINES

WEDNESDAY, JUNE 6	FOR JUNE 25
WEDNESDAY, JULY 4	FOR JULY 23
WEDNESDAY, JULY 25	FOR AUGUST 13

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

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

## CONDOLENCES

Condolences are extended to the families of:

Janine Solomon  
(mother of Isabelle Cantor)

Esther (Dusia) Conway

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

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



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