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A nuclear Iran is Israel's only real threat says former IDF chief at Foundation AGM

The Ottawa Jewish Community Foundation AGM included reports, award presentations, and a keynote address by **Gabi Ashkenazi** on the military and social challenges faced by the State of Israel. **Matthew Horwood** reports.

Anuclear Iran is the only existential threat to the State of Israel, said Gabi Ashkenazi, a retired general who was chief of General Staff of the Israel Defense Forces from 2007 until 2011.

Ashkenazi was the guest speaker at the annual general meeting of the Ottawa Jewish Community Foundation, June 6, at the Soloway Jewish Community Centre.

"Forget [what] the newspapers [say]. The situation – from a national defence perspective – is quite good," he said. "It is better than it was two decades ago; and definitely better than when I was a young lieutenant during the Yom Kippur war."

Ashkenazi said now that President Donald Trump has pulled the United States out of the Iran nuclear deal, the Iranians have two major options. The first would be for the country to remain in the deal, because the other signatories – the United Kingdom, France, Germany, China and Russia – still support it.

Iran's other option would be to break from the deal and "dash to the bomb."

If Iran opted to break the deal, Israel would face the possibility of having to

use military force, said Ashkenazi.

"Hopefully, we will not have to act alone. But, based on my experience, we probably will be alone, and that is why we must be ready to protect ourselves."

The other issue with Iran, Ashkenazi said, is that Iranian proxy groups, such as Hezbollah, are present in Syria and fighting for the Assad regime in that country's civil war. That should be a red line for Israel.

The borders with Egypt and Jordan, the two Arab countries that have peace treaties with Israel, are quiet, he said, and threats from terrorist groups like Hezbollah in Lebanon and Hamas in Gaza are not serious.

"They cannot conquer Israel. They are no real threat to us," Ashkenazi said.

However, he acknowledged, Israel still lives in a tough neighborhood.

"Even after 70 years as a country, many of our neighbouring countries are not willing to accept our basic right to have a Jewish state," he said.

Israel's greatest challenges, according to Ashkenazi, come from within. Israeli society is changing, he said in reference

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Gabi Ashkenazi, former chief of General Staff of the Israel Defense Forces, speaks at the Ottawa Jewish Community Foundation AGM, June 6, at the Soloway Jewish Community Centre.



Jasmine Segal (right) receives the George Joseph Cooper Scholarship Award from Foundation Board member Paul Finn.

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Foundation: Scholarships and Norman Lesh Philanthropy Award presented at AGM

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to the growing proportion of haredi Orthodox in the population, with fewer young people are serving in the military, getting a proper education and paying taxes.

“It is not just economically unsustainable, it is social unsustainable” Ashkenazi said. “We have to change all of that, through education, through service for all, and through leadership. I think we have the budget and resources to fix this.”

“The story about this country is a miracle,” Ashkenazi said. “But beyond divine intervention, it’s a story about people. The strength of Israel is about people.”

Ashkenazi is now chair of the Rashi Foundation. Established in 1984, it is now the largest philanthropic organization, and the oldest private foundation, in Israel. The Rashi Foundation assists underprivileged segments of Israeli society, with special attention to children and youth.

Ashkenazi said that 80 per cent of the foundation’s disbursements support education, while the remaining 20 per cent goes towards welfare.

“We provide opportunities to those who have no opportunity. We give them choices. That is what we are doing,” he said.

Ashkenazi also took the opportunity to thank the Jewish community of Ottawa for its support of the State of Israel.

“Thank you for what you are doing, for standing for Israel, and for building Jewish lives and community,” he said.

The Foundation AGM included the presentation of several awards presented by Paul Finn, a member of the Foundation Board of Directors.

The Ilana and Steven Rubin Scholarship Award was presented to two graduating high school students going on to university: Mackenzie Cook, who hopes to become a lawyer, and Alise Gertsenchtein, who plans to pursue studies in business and marketing, each received \$1,800 scholarships to help further their educations.

McGill University student and Jew-



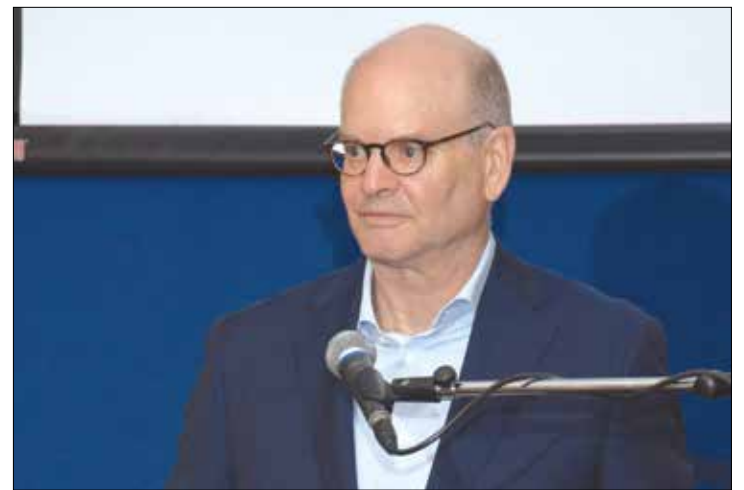
Mackenzie Cook (centre) receives the Ilana and Steven Rubin Scholarship Award from benefactor Steven Rubin (left) and Foundation Board member Paul Finn.



Alise Gertsenchtein (centre) receives the Ilana and Steven Rubin Scholarship Award from benefactor Steven Rubin (left) and Foundation Board member Paul Finn.



Hillel Lodge LTC Foundation President Russell Kronick and Executive Director Mitch Miller (right) receive the Norman Lesh Philanthropy Award from Foundation Board member Paul Finn, a son-in-law of the late Norman Lesh.



Ottawa Jewish Community Foundation Chair Gillie Vered calls the Foundation AGM to order, June 6.

ish campus life activist Jasmine Segal received the George Joseph Cooper Scholarship Award. The Cooper scholarship is presented annually to a student from Ottawa’s Jewish community who has “displayed leadership qualities, academic excellence, a strong commitment to the Jewish community, and whose studies and career goals will advance the arts, literary or social sciences.”

The Hillel Lodge Long-Term Care (LTC) Foundation received the Norman Lesh Philanthropy Award for its video campaign project. LTC Foundation President Russel Kronick and Executive Director Mitch Miller accepted the

award, which is meant to “encourage other innovative thinkers to develop their own philanthropic legacy.”

The meeting was led by Foundation Chair Gillie Vered, who spoke about the importance of the Foundation’s work in ensuring the future viability of the community and about his stepping up to a leadership role with the Foundation.

Foundation Treasurer Adina Libin presented the financial report noting an eight per cent return on Foundation investments. This allowed the Foundation to make grant commitments of \$3,194,187. Of that amount, 85.5 per cent went to Ottawa Jewish agencies, 10.7 per

cent to North American Jewish agencies, 2.4 per cent to non-sectarian agencies and 1.4 per cent to Israeli agencies.

Other speakers at the AGM included Jewish Federation of Ottawa Chair Hartley Stern, who gave a report on Federation’s “Jewish Superhighway” initiative; Foundation and Federation President and CEO Andrea Freedman, who gave an overview of Foundation activities; Michael Landau, immediate past-chair of the Foundation who presented the Governance Committee report and slate of nominees for the Board of Directors; and Rabbi Elizabeth Bolton of Or Hane-shamah, who offered a D’var Torah.

Thank you

I’m most fortunate to have so many good friends and loving relatives who helped me celebrate my 95th birthday with good wishes, donations, cards, flowers, pictures, and visits. I’m most grateful from the bottom of my heart.

Sylvia (Bobby) Freeman



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Remembering the ‘Vaad-father’: Norman Zagerman 1929-2018

BY BENITA BAKER

If you have ever met a friend at the Jewish Community Centre (JCC), contributed to an Ottawa Jewish Community Foundation fund that ensures the future well being of the community, or felt relieved that our community’s most vulnerable were being cared for, then you have experienced, in some way, Norman Zagerman’s passionate and unrelenting commitment to the Ottawa Jewish community.

The longstanding community leader, who played a pivotal role in founding, directing and supporting the causes that are the heart and soul of our community, died on June 2 at age 88.

“Norman was a giant in our community,” said Jewish Federation of Ottawa President and CEO Andrea Freedman. “We are fortunate to be able to build on what he and his generation created. His death is a profound loss. We are grateful that his family shared him with us.”

An Ottawa native, Norman Zagerman was born September 19, 1929 to parents Morris and Mildred Zagerman. Community service, it seems, was embedded in his DNA. His father was founding chair of the original JCC on Chapel Street, his mother was active in Hadassah and was founding chair of the JCC Library Committee, and his brother Joel advocated on behalf of Ottawa youth.

When Joel died at a young age, the teenaged Zagerman was inspired to continue the community service work begun by his big brother. He began fundraising for the Young People’s Division of the United Palestine Appeal and was chair of the United Jewish Appeal (UJA) young people’s division before he turned 20.

Thus began a life of community service that lasted for over 70 years.

“He was a phenomenal guy,” said Rabbi Reuven Bulka. “He was caring, honest, trustworthy and wise. Full of integrity. A true role model. He cared about the community and making it a better place. He had determination, passion and energy. He showed that with that electric combination, nothing stops you from doing what you feel needs to be done.”

Growing up in Ottawa at a time when anti-Semitism was common, Zagerman was frequently harassed and called a “dirty Jew.” The small, localized Jewish community was in the early stages of developing its infrastructure and Zagerman took on an ever-expanding role in ensuring the community had both the funds and the institutions needed to enhance and preserve Jewish life.

After chairing the UJA campaigns in 1969 and 1970, Zagerman became vice-president and then president of the Jewish Community Council of Ottawa/Vaad Ha’ir (now the Jewish Federation of Ottawa). While



Norman Zagerman speaks about the founding of the Ottawa Jewish Community Foundation at the Foundation AGM, June 7, 2017.

president of the Vaad from 1973 until 1975, Zagerman recognized the need to safeguard the community’s long-term financial viability and was instrumental in establishing the Ottawa Jewish Community Foundation. He was one of its first directors and served as its president in 1982-83.

Another milestone during Zagerman’s tenure as Vaad president was changing the Vaad constitution to allow for public participation in the election of officers.

Described as a “fundraiser extraordinaire,” Zagerman was at the forefront of multiple fundraising campaigns, including ones for Carleton University, Hebrew University of Jerusalem, Ben-Gurion University, Technion and the Royal Ottawa Hospital. Following in his father’s footsteps, he chaired the campaign to build the new Soloway Jewish Community Centre in the west end.

Zagerman served on several boards, including the Ottawa General Hospital, Carleton University, Algonquin College, Canadian Jewish Congress, the Social Planning Council of Ottawa, the Ottawa Regional Cancer Foundation Maplesoft Centre and the University of Ottawa Heart Institute. He was an honorary chair of the Bank Street Cemetery Revitalization project and the Hillel Lodge capital campaign.

“Zagerman lives and breathes the Ottawa Jewish community,” said then-Vaad president Stephen Victor in a 1989 Ottawa Jewish Bulletin article. “It’s his lifeblood. No one has contributed more throughout his lifetime than Norman with his time, energy and money.”

In this tireless community involvement, Zagerman not only played a key decision-making role, but also became known as an honest, wise and trusted role model who you could go to for advice and guidance. It is no surprise that he was affectionately nicknamed the “Vaad-father.”

In 1984, Zagerman received the Gilbert Greenberg Distinguished Leadership Award, the highest tribute that the Ottawa Jewish community can bestow on an individual, honouring a lifetime of leadership in the Jewish world.

In 1989, he was B’nai Brith Man on the Year in recognition of his outstanding community service. The Ottawa Citizen applauded him as a local hero, saying, “If Judaism canonized or beatified its members for helping their fellow man, Norman Zagerman would surely be sainted.”

“I don’t raise the money, people raise the money,” the modest Zagerman told the Citizen. “The people who give you the money are the ones who deserve the credit, not the person raising it.”

Zagerman worked in the family steel and lumber business – Zagerman & Co - until 1993 and then became a financial advisor with BMO Nesbitt Burns. He retired in 2012, but retirement didn’t stop him; rather, it gave him more time to be available to anyone who asked.

Zagerman’s generosity and community spirit extended beyond his leadership roles to single out individual achievement. So taken with the difficult yet heartening job of oncology nurses, he and his wife established the Ottawa Regional Cancer Foundation’s Carole and Norman Zagerman Compassionate Care Award. The pair also endowed the Norman and Carole Zagerman Varsity Basketball Scholarship at Carleton University, which recognizes outstanding academic achievement and involvement in the men’s varsity basketball program.

Zagerman is survived by his wife of 32 years, Carole; four children Mark, Joel (Lisa), Laurie (Bob), and Andrea (Bruce); two grandchildren Brinkley (Mike) and Misha; two great-grandchildren Emerson and Leo; and three siblings Herbert (Corrine), Shirley and Ruth (Manuel). He was predeceased by his first wife Valerie and his brother Joel.

Zagerman leaves behind an immensely grateful Ottawa Jewish community, one that is all the more comfortable, confident, secure and engaged because of his determination to make it a better place. His legacy is enduring.

“If you care there is no limit to what you can do,” said Rabbi Bulka. “That is Normie’s legacy. The best way to lead is by example and Normie was a true leader.”

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Kehillat Beth Israel welcomes Cantor Jason Green

BY MATTHEW HORWOOD

Following an extensive search, Cantor Jason Green was appointed cantor at Kehillat Beth Israel (KBI).

He succeeds Cantor Daniel Benlolo, who left last summer after serving as the Conservative congregation's first cantor following the 2016 amalgamation of Congregation Beth Shalom and Agudath Israel Congregation to create KBI. Cantor Benlolo had previously served at Beth Shalom.

Cantor Green, along with wife Jodi and their three sons – Zev, Noah and Eytan – met members of the congregation at a KBI Shabbat dinner on May 25.

Cantor Green said the dinner was a “kind of soft launch,” and an opportunity to meet people from the KBI community.

“There was delicious food and I led a little bit of communal singing in multiple-part harmony, which was new for some of the community,” he said. “So it was fun. It was relaxed, and it was an opportunity to connect with the people who came out.”

Growing up in Montreal, Cantor Green found his love for singing at a synagogue service when he was five years old.

“Long story short: the next Monday I was in the choir,” he said.

Cantor Green went on to study *nusach hat'filah* (prayer modes) and *chazanut* (cantorial art) at the London School of Jewish Studies. He received certification from the Conservative movement's Cantors Assembly in 2007 and has served at several congregations in Canada, the United States and the United Kingdom.



Cantor Jason Green studied chazanut at the London School of Jewish Studies.

Cantor Green said he likes to use a mix of different song styles. He uses mostly traditional prayer modes and melodies depending on the time of month and year, but they are interspersed with congregational singing of melodies that he will teach the congregation during ser-

vices, online, through email, or even using CDs.

Cantor Green also includes cantorial and choral set pieces composed for synagogue services that usually incorporate the traditional melodies, but are more creative. He said he does not often use compositions that are more “florid and operatic” where the focus is just on the cantor's voice.

“That's not me. I'm not interested in having people hear my voice. I'm interested in having people hear the words of the prayers,” he explained.

Cantor Green said he has always formed choirs from within the congregational community to “help bring an extra harmonic level to the melody, in a way that doesn't preclude the congregation from also singing along.” He also likes to periodically introduce new material to “keep everyone on their feet” in a way that is sensitive to the congregation as a whole.

Part of Cantor Green's mandate at KBI is to be a facilitator for youth to become involved. He wants to help young people become a part of the congregation, appreciate prayers and become comfortable eventually leading their own services.

“If you don't get that next generation ready to be the synagogue – to be the congregation – you might as well throw away the key,” he said.

Cantor Green said he loves the job at KBI and warmth of the community.

“I've got family members and friends in the community as well, so it really is a homecoming for me,” he added.

“I've met so many wonderful new people and started new relationships with my congregation, and it's really been enjoyable.”

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‘We will miss you, don’t forget about us!’

Shinshinim **Noa Gil** and **Idan Ben Ari** are spending the summer at CBB before returning home to Israel after an eventful year in Ottawa. **Matthew Horwood** reports.

Noa Gil and Idan Ben Ari, recent high school graduates from Israel, arrived in Ottawa last August as Ottawa’s second pair of Shinshinim. The Jewish Federation of Ottawa’s Shinshinim program brings young Israeli emissaries – on a gap year between high school and military service – to Ottawa for a year of voluntary service where they help young people in Jewish schools, congregations and camps enhance their Jewish identities and ties to Israel. After 10 months spent working with schools, Jewish agencies and congregations, Gil and Ben Ari were feted by the Jewish Federation of Ottawa with a pizza party, June 18, at the Soloway Jewish Community Centre, and are spending the summer working as counsellors at Camp B’nai Brith of Ottawa (CBB) before returning to Israel to begin their military service.

Gil describes her experience in Ottawa as a journey. “I personally learned a lot about my Jewish identity with the community,” she said.

Ben Ari describes his time here as “unexpected and extremely interesting.

“I truly did not know what to expect of the culture and the people, so it was something totally different, in



Shinshinim Noa Gil (left) and Idan Ben Ari lead the singing of “O Canada” and “Hatikvah” at the Ottawa Jewish Community Foundation AGM, June 6, at the Soloway Jewish Community Centre.

a good way,” he said.

The Shinshinim stay with host families from the community while they are here – becoming part of the families as they join them in their day-to-day lives and activities.

Gil said she found living with host families to be one of the most rewarding experiences of the year.

“To be hosted by people from the community, to speak only English at home, and to see how a Canadian family lives; it was different from an Israeli family, so that was really interesting,” she said.

Ben Ari said their relationships with the host families will continue – especially when family members visit Israel.

“There they will meet our families and come to our homes,” he said.

Scott Goldstein, director of Community Collaboration at Federation, said the Ottawa Jewish Community School (OJCS) particularly embraced the Shinshinim program this year.

“They brought them in as team members to the faculty, so they were really a part of the school’s overall approach to engaging the students in meaningful ways, and that helped them serve as a living bridge between Israel and Ottawa,” Goldstein said.

Goldstein also said a big highlight of the Shinshinim’s experience was the relationships they developed at OJCS with the faculty and students.

“The kids have enjoyed spending time with Idan and Noa. They have developed personal relationships with these children, and found all these different opportunities to hang out and engage with them, and really bring up ruach.”

Ben Ari said he has mixed feelings about leaving Ottawa.

“It’s obviously very sad because we love the community. We feel part of it and we are very attached to it. But I miss all my family and friends back home, and I’m excited to start my next chapter.”

Gil said she feels the same.

“I am really sad to leave and say goodbye, but also really happy with the things we have achieved here during the year.

“We want to thank everyone that opened their hearts to us and allowed us to bring Israel to the community, and obviously to our host families and all the different people we worked with,” she said. “We will miss you, don’t forget about us!”

Ottawa will welcome a new pair of Shinshinim at the end of the summer.

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The Tzofim Friendship Caravan is a group of ten energetic teenagers who are leaders in their Scout chapters in Israel. Together with their two leaders, the Caravan travels across North America, using song, dance, and personal stories to share friendship and love for Israel.

FEDERATION
REPORT



HARTLEY STERN, CHAIR
JEWISH FEDERATION OF OTTAWA

Anti-Semitism aimed at university campuses

It is not by chance that the rise of BDS has corresponded to a dramatic rise in campus anti-Semitism.

Like many strong advocates for Israel, I am quite open to legitimate criticism of some of Israel's policies and politics.

I remember my first experience with anti-Semitism in Toronto playing football for my very Jewish high school against an inner city school, facing some players with swastikas on their helmets. I think that was the only team we ever beat. We were not very good but were highly motivated that day.

I had no problem recognizing anti-Semitism – the swastikas being obvious – but more so because my Dutch Jewish mother survived the war in

hiding in Holland, and my siblings and I, early on in our lives, were made very aware of her suffering and of her distaste for anything German. As an adult, I spent much of my surgical career at two wonderful Jewish hospitals, Mount Sinai in Toronto and the Jewish General in Montreal, whose existence was born out of the prejudices that prevented Jewish doctors from obtaining hospital positions in Toronto and Montreal in the 1930s.

Consequently, it is with some disgust that I witness the promulgation of the vile boycott, divestment and sanctions (BDS) movement on North American university campuses, most recently

and viciously at the University of Ottawa, under the canard that BDS is not anti-Semitic, just anti-Zionist. What nonsense. Any movement, cause célèbre, white paper, United Nations motion supporting the BDS movement against Israel “promotes the demonization and delegitimization of the State of Israel,” as a motion passed in the House of Commons in 2016 notes.

It is not by chance that the rise of BDS has corresponded to a dramatic rise in campus anti-Semitism. Like many strong advocates for Israel, I am quite open to legitimate criticism of some of Israel's policies and politics. The fine line between the legitimate criticism of Israel

and anti-Semitism is actually not so fine. It is crude and obvious.

I am extraordinarily impressed with the heroic efforts of the uOttawa Hillel students this past winter and spring to successfully fight off three rapid fire attempts to have BDS supported officially by the disreputable leadership of uOttawa's student union executive. The students were admirably supported by the lay and professional leadership of Hillel Ottawa, the Jewish Federation of Ottawa, the Centre for Israel and Jewish Affairs and, most notably, by President and Vice-Chancellor Jacques Frémont of uOttawa.

It is cowardly and unacceptable to use our schools to foster anti-Semitism in the Diaspora. It is so sad for me to see the modern equivalent of a swastika-helmeted football player of my youth in the form of a BDS placard-carrying university student today. I will do what I can to fight it.

FROM THE
PULPIT



RABBI CHAIM MENDELSON,
CHABAD OF CENTREPOINTE

‘Every Jew must take responsibility for the destiny of the Jewish people’

Korach reminded the people that at Sinai, God had charged the entire Jewish nation with a distinct mission, declaring that they were a priestly and holy nation. Moses had no right to usurp the sacred destiny of the Jewish people because of petty nepotism.

Korach could not have been further from the truth. Moses was a humble man who selflessly served God and loved his people.

Korach and his fellow rabble rousers were severely punished by God.

And so, Korach goes down in history as a villain. Yet, the Torah portion is named after Korach. It seems curious that an eternal honour be bestowed on someone who is less than deserving.

The mystics offer a profound answer. Although Korach may have acted in a way that was completely unacceptable, his motivation was laudable and ought to be remembered and emulated.

Each and every one of us should have a burning desire to participate in the shared mission and destiny of the Jewish people. We should never be comfortable with rabbis or community leaders serving God on our behalf. We must

play a role. We cannot only be Jewish; we must live Jewishly.

This sentiment captures the life mission of the Rebbe. He was not satisfied until every Jew played a pivotal role in Jewish continuity. He sent out nearly 4,000 shlichim to encourage and inspire everyone to get involved. He demanded that everyone has a responsibility to share the love of Judaism with whomever they encounter.

The Rebbe was not satisfied with 4,000 Chabad Houses across the globe, he wanted 4,000 right here in Ottawa. His vision was that on a Friday night, there should not only be welcoming Shabbat dinners in the synagogues and official Chabad Houses, but that everyone should open their homes to bring the sanctity of Shabbat to others.

This was the Rebbe's mission statement. Every Jew must take responsibility for the destiny of the Jewish people by making a personal commitment to Torah and mitzvot and sharing its timelessness with others.

Every one of us do indeed belong to a priestly and holy nation.

As I write this article in my office in Ottawa, my mind is elsewhere. I am preparing for my annual trip to New York City where I will be spending Shabbat in the proximity of the Lubavitcher Rebbe's resting place. Thousands of men, women and children will gather to mark his yahrzeit, the date of his passing. This year, his date of passing will correspond with the Shabbat in which Jews around the globe will be reading the Torah portion of Korach.

Korach was a villain. He was a charismatic figure from a royal family. Indeed, he was Moses' cousin. Yet, he gathered hundreds of other Jewish leaders and created a rebellion. He challenged Moses' authority. “Why was Moses in a role of undisputed leadership,” he thundered, “and who gave him the right to select his brother Aaron to serve as high priest?”

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FROM THE EDITOR



MICHAEL REGENSTREIF

Less than six months ago, Doug Ford, who served one term as a Toronto city councillor between 2010 and 2014, was planning to run for mayor of that city.

Now Ford is a few days away from being sworn in as premier of Ontario after leading the Progressive Conservative (PC) Party to a majority government in the June 7 provincial election. The New Democratic Party (NDP) became the official opposition, and the Green Party – which had never held a seat before – elected its first MPP.

A huge story was the utter collapse of the Liberal Party of Ontario. After winning four elections since 2003, they struck out and were reduced to just seven seats, not quite enough for official party status in the legislature.

Winds of change in Ontario politics

I attended the meetings the Jewish Federation of Ottawa held with local candidates from the three major parties and offer here a few observations and opinions beyond the reporting I did on the Ottawa Jewish Bulletin website before the election. www.ottawajewishbulletin.com

All Ottawa-area candidates for each of the three parties were invited to the meetings, which were scheduled to suit the parties. Each party was asked the same set of main questions provided to them in advance. These questions on combatting anti-Semitism, support for the vulnerable, community security, Ontario-Israel ties, and preventing genetic discrimination, were drawn from the Ontario election guide prepared by the Centre for Israel and Jewish Affairs. A question about funding for faith-based schools was also asked at each of the meetings.

The Liberals sent four candidates – all incumbent MPPs, three of them cabinet ministers: Bob Chiarelli (Ottawa West-Nepean), Natalie Des Rosiers (Ottawa Vanier), John Fraser (Ottawa South) and Yasir Naqvi (Ottawa Centre).

As experienced MPPs, the Liberal candidates were well versed on the issues and offered full or qualified support to Jewish community positions

or requests on the main questions. It was only on the issue of funding for faith-based schools that the Liberal candidates diverged from the community. While they would not pledge support for changing the status quo (in which Roman Catholic schools are fully funded while all other faith-based schools receive no funding), the candidates did say they would personally be open to future discussion on the issue.

Des Rosiers and Fraser were among the seven Liberals across Ontario to retain their seats and Fraser became interim Liberal leader following the resignation of Kathleen Wynne.

The NDP was represented by two candidates: Eleanor Fast (Ottawa South) and Chandra Pasma (Ottawa West Nepean).

Fast and Pasma did seem engaged on some of the issues and unfamiliar with others. Neither offered any promise that an NDP government would revisit the issue of funding for faith-based schools.

The white elephant in the room during the NDP meeting was Ottawa Centre candidate Joel Harden and his support for the anti-Israel boycott, divestment and sanctions (BDS) movement. Although the meeting took place at the Soloway Jewish Community Centre, which is located in Ottawa Centre,

Harden did not attend.

Fast and Pasma – neither of whom was elected – pointed out that BDS was rejected by the federal NDP and is not a policy of the provincial party, and both said they had voted against BDS resolutions at policy conventions or in their riding associations.

Harden, though, was elected in Ottawa Centre and it now remains to be seen what kind of relationship he will develop with the Jewish community. Clearly, outgoing Ottawa Centre MPP Yasir Naqvi, who was supportive of many community initiatives, will be missed.

The PCs were represented by just one candidate, Colleen McCleery (Ottawa Centre). While she was friendly enough, McCleery seemed unprepared for the discussion and was largely unaware of the issues, including school funding. Clearly, the PCs would have benefited from the presence of more serious candidates like Lisa MacLeod (Nepean) or Jeremy Roberts (Ottawa West-Nepean).

Despite the slimmest of platforms, Ford's key to winning power was the collapse of Liberal support after 15 years in government, and a populist message. Winning, this time, was seemingly easy. Now he'll have to govern – and that will be a lot harder.

IDEAS AND IMPRESSIONS



JASON MOSCOVITZ

As one of the first people in the world to use a wireless Blackberry, you might think I eased into our technological age. I wish I could say that, but my children would laugh at me.

It was in 2000 when Blackberry approached the CBC to test the world's first wireless email device. Reporters and producers covering the federal election were each given a Blackberry without instruction. Those on our election coverage team with a love for new toys had emails flying in minutes. Then they tried to teach the luddites like me.

The truth is that it wasn't difficult – but it was intimidating for those who wrongly thought they would never figure it out. That little device, which

'Our heads spin with the new reality of technology'

fit in the palm of a hand, intimidated me. I remember telling the producer I was working with that I thought the Blackberry was stupid, unnecessary and a waste of time. I said that because I feared I would not be successful at making it work.

But the Blackberry was super easy to use. I got hooked on the technology and slowly developed an appetite for more. Eighteen years ago, in that famous year of the Blackberry, I crossed my Rubicon. I wasn't great at computers but I started to have fun figuring out how to do all kinds of things.

Today our heads spin with the new reality of technology being in the personal hands of more than five billion people around the world (got that fact in a second-and-a-half from Google.) The world is connected. Technology has become as common a staple as rice.

For many of us who didn't grow up in the digital age, there is a tendency to embrace some of it and to leave the rest to young people. One thing we know from observing our children is the buzz that goes with having that thing in your hand.

The explosion of social media has rapidly changed the world. People who never had a voice now do and opinion can now be either more easily mobilized, or manipulated, depending on your point of view. Either way, the result is the same. Power is no longer the private domain of the rich and the elected.

The technology we champion is an obsession, and the obsession never fades because nothing ever gets old. There is always something new to discover and to master. Technological innovation is instinctive; stagnation appears to be impossible. The sky is not the limit. There is no limit.

In 20 years since that first Canadian Blackberry there has been so much change in every walk of life, in every profession. There have been revolutions in some, the taxi industry comes to mind, while retail stores sit on death row.

Empty stores are more and more prevalent in our shopping malls, while those huge empty Sears stores, and the recent memories of empty Target stores, add up to Amazon and other online businesses killing shopping centres.

I came very late to online shop-

ping. I liked shopping and I especially enjoyed the action of busy malls. I had no strong motivation to change, but change can creep up on you, and then overtake you. There is no stopping it.

The day I began browsing on Amazon was the beginning of the indoctrination. It was slow, sweet and steady. It was the discovery of shopping in a totally different way while still fearing the logistics – assuming it will be a pain to return anything. But as I started purchasing online it got easier and easier. I was never disappointed with anything I bought. I found the consumer ratings on the items really helpful and honest. My first return was a dream. In a little over a week I had my money back.

Then there was that freaky day when nothing went right and I was billed almost \$100 for shipping when it was supposed to be free. There was an icon for problems. I was prompted to send my phone number. Two seconds later, no exaggeration, the phone rang with someone to help me fix the problem.

Amazon made it so easy and I didn't have to find a parking spot.

I can get to like this new world.

Jeff Greenberg
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A new Sefer Torah dedicated to the memory of Rabbi Yehuda Simes is celebrated outside the Simes home before a procession carried it to Congregation Beit Tikvah, May 27.



A new Sefer Torah dedicated to the memory of Rabbi Yehuda Simes arrives at Congregation Beit Tikvah following a procession from the Simes home, May 27.

New Sefer Torah honours the memory of Rabbi Yehuda Simes

BY MAXINE RABINOVITCH
FOR CONGREGATION BEIT TIKVAH

When Rabbi Yehuda Simes passed away in 2017, Congregation Beit Tikvah wanted to honour his memory. For us, Rabbi Simes exemplified love of Torah, love of learning and teaching, and love of family. The congregants felt that dedicating a Torah would be the most meaningful way to honour him and his contribution to Ottawa's Jewish community. The Simes family enthusiastically supported this suggestion.

We initiated the Torah Project and a year's work by a dedicated committee culminated with a beautiful Torah dedication ceremony on May 27.

Over 400 people gathered outside the Simes home and throughout the street to welcome the Torah. Music played, people danced, children carried flags and wore crowns, and torches shone. What a wonderful spectacle as the group marched down and around Roselawn Court and made its way to Beit Tikvah.

Speeches in the shul followed the freilach procession. In his speech, Shmuly Simes said that week's parsha was his father's bar mitzvah parsha. He found his father's bar mitzvah speech and read it. The insight

Rabbi Simes had as a young person, as shown in the speech, was a precursor to the teacher, mentor and scholar he became.

Ari Hertz, Rabbi Simes' son-in-law, talked about the strength of his father-in-law's beliefs, even in the face of adversity.

A video was screened showing Rabbi Simes as a child, a young dynamic teacher, and husband and father who loved doing things and going places with his children.

In the middle of the video, there was silence and then a heartbeat. This represented the dividing line of before and after June 20, 2010, when Rabbi Simes was left a quadriplegic by a tragic highway accident. Life does change in a heartbeat, but despite all the obstacles, the video showed Rabbi Simes teaching, writing his blog, and interacting with family and friends. It was an emotionally impactful presentation, organized by Shaindel Simes and produced by Hadassah Lengler.

The Torah will be an everlasting memorial honouring Rabbi Simes. When the Torah Project was launched, Yitzhak Simes, then 11, asked if he would be able to use the Torah for his bar mitzvah. He is thrilled that he now has "Abba's Torah" for his special day.



Dan Mader
Board Chair



Lynda Taller-Wakter
Executive Director

**JNF is Past, Present, Future
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**Social services access for youth-at-risk
in Kiryat Shmona the focus of
JNF Ottawa Negev Dinner 2018**

JNF Ottawa Negev Dinner 2018 proceeds will help to fund the Social Services infrastructure of the Israel Tennis Centre in Kiryat Shmona, thereby making it easier for a growing number of youth-at-risk to access essential programs and social services and wellness activities.

Since 1976, the Israel Tennis Centre (ITC) has become one of the largest social services organizations in Israel and has provided thousands of youth at risk with critical life skills that will enable them to succeed as adults. Municipalities now recognize its Youth at Risk Program for stabilizing communities, reducing crime rates and improving children's academic performance and behaviour. As such, there is a huge demand for ITC to expand existing at-risk programs across most of its 14 centres.

From Israel's northern Kiryat Shmona to Be'er Sheva in the south, the ITCs offer a variety of essential services and programs, including specially designed programs for Youth at Risk, special programs for children of immigrant parents, homework tutoring, English language fluency and a Special Olympics program for special needs children, including the hearing impaired. A sport psychology program helps children with communication, focus and concentration, problem solving and issues related to stress, pressure and anger. Tennis programs are offered for children and adults, from beginners to advanced players.

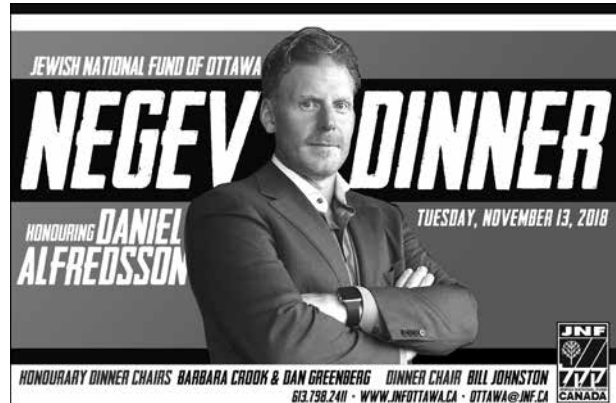
All of these programs are open to all children living in Israel, regardless of background, religious affiliation or economic circumstance. No child is ever turned away.

**ITC integrated into the community
referral network**

Students at risk are referred to ITC from local schools, municipalities, the National Program for Children and Youth at Risk and other NGOs such as the Israel Anti-Drug Authority. Their behaviour issues are often a clear indication of the need they have for a safe, structured and nurturing place to go after school. ITC introduces them to comprehensive and holistic programs that combine sport, socialization and role modeling within a pressure-free and nurturing environment where they can feel appreciated, loved and encouraged to develop positively. They receive help with homework and counseling on broader social issues involving family and friends. These programs help children at-risk attain normative patterns of behaviour, while equipping them with tools that will help them deal successfully with pressures at home and in school.

Sefer Bar/Bat Mitzvah Inscriptions

Tyler Darwin Evans, by his parents, Sharon and Darwin Evans
David Gabriel Cottin, by his parents, Cindy and Caleb Cottin



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'Our parents taught us ... one must get involved and give back'

BY LAURA ROBIN

For decades, Sandra and Jacie Levinson's philanthropy and kindness helped so many, often in unheralded ways, and the stories still resonate today.

When her family's bakery was in trouble, Dorothy Hanna knew whom to call. In the early-1970s, she received an order for an event. When she heard that it was a religious group, raising money for children, she offered the pita bread for free.

"My parents believed in hard-working, God-fearing people," says Dorothy's daughter Karen. "If it was a religious organization – it didn't matter what religion – they gave them the first 20 packets of pita bread for free. The women at the Jewish auxiliary were totally blown away."

The next week, a headline in the Ottawa Journal newspaper read: Lebanese bakery donates to an Israeli cause.

"This was smack dab at the start of the Arab-Israeli conflict in Lebanon," says Karen. "The Lebanese and Arab community were our bread and butter. Everybody started to boycott the bread."

Dorothy, who is now 88, turned to Jacie Levinson, their insurance broker, for help.

Jacie Levinson did what was typical for him. He said, "Leave it with me. I'll take care of you."

He called Norman Lesh of the Loeb grocery store chain. By the next week, Hanna's pita was being sold in Loeb stores across Eastern Ontario and Western Quebec.

"That made the foundation for our family business," Karen says. "Jacie was one of the few who knew where his wealth stood. It stood in giving."

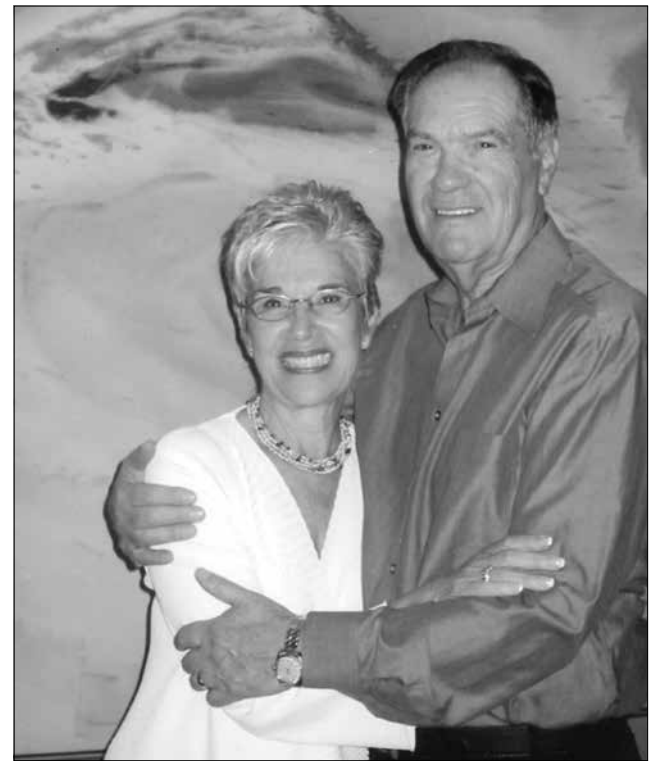
Jacie Levinson died in October 2016, at 80. His beloved wife Sandra passed away just five months later, when she was 79. While nothing diminishes the pain of losing their parents, the Levinsons' sons have taken a measure of comfort knowing that their parent's legacy of giving and helping continues. They left a sizeable bequest to the Ottawa Jewish Community Foundation that ensures that causes important to them, such as Jewish Family Services, continue to receive funding.

When the Levinsons' eldest son Steve called the Foundation to discuss the significant gift that would be coming to the Foundation after his mom's death, he explained that he and his brothers were fully supportive of their parent's decision to be as generous in their death as they had during their lifetime.

"Our parents taught us, through their actions and level of commitment to direct involvement in community organizations both within the Jewish community and greater Ottawa community, that one must get involved and give back. Through expert advice, they were able to structure their estate planning such that they could provide a substantial gift to the Foundation that would allow them to keep the family business and holdings intact for the generations that follow."

With their parents passing, their sons learned even more about their parents' generosity.

While sitting shiva for his father, Michael saw someone he didn't know. He asked what his connection



Sandra and Jacie Levinson on their 50th wedding anniversary in 2009.

was. The man in Orthodox dress told him that when he needed space for his yeshiva, he called Jacie. "He didn't know my father, and my father didn't know him, but my dad found a room for the school at Kehilat Beth Israel."

When Michael was at a party in Toronto, he ran into someone he remembered from Camp B'nai Brith who has a brother with a developmental delay.

"I found out that, every year, my dad would take these kids with physical and mental handicaps to the Rideau View Golf Course and give them rides in a golf cart and treat them to a barbecue," says Michael, the middle son.

"My father preferred to be in the background," he adds. "It's been a real eye-opener for me, the things I've learned even since his death. Giving money is easy; it's about being generous with yourself."

According to Steve, the couple was quiet about the good they did.

"I worked with my dad for 15 years, and there was a revolving door of gentlemen who would walk in looking for help," recalls Steve. "He was always there for them."

Daniel, the youngest, says his parents have left a unique legacy.

"If I think of my parents, and their sense of Judaism, it's that sense of fixing the world and making it better than you found it. Through so many small details, it is this remarkable sense of responsibility. It has influenced the way my wife and I interact with our community. We may never know the full extent of our parents' legacy and the many lives they touched. We try to honour their memory and legacy by continuing in their footsteps with the values they taught us and a mindset towards tikkun olam."

Crowd gathers at Congregation to hear story of Yazidi girl kidnapped by ISIS

BY MATTHEW HORWOOD

The harrowing story of Dilveen – a 14-year-old Yazidi girl from Iraq kidnapped by ISIS when she was just 11 – was told at an event held at Congregation Machzikei Hadas on June 5.

Dilveen, who now lives in Canada with several members of her family, was at the event presented by the congregation, One Free World International, and the Centre for Israel and Jewish Affairs.

The evening began with a screening of “Dilveen,” a 12-minute documentary about her story produced for CBC TV.

Dilveen was 11 when ISIS fighters attacked her hometown of Sinjar, Iraq, murdered her father and kidnapped her. Dilveen was taken from her mother and brought to an ISIS compound in Mosul and was sold to a 65-year-old man who planned to take her home to Syria for marriage.

However, Dilveen and another captive Yazidi girl were able to escape by cleverly tricking their captor into drinking tea laced with sleeping pills. The girls ran for nearly six hours until a car eventually picked them up and brought them to her uncle.

The Yazidis are a Kurdish-speaking people indigenous to northern Iraq. Their religion, Yazidism, combines aspects of several monotheistic religions, including Judaism, Christianity, Islam and Zoroastrianism.

“This is a difficult evening, but at the same time we keep our humanity, we keep our passion for our fellow human beings, we keep our will and our resilience to move forward,” said Conservative MP Tony Clement (Parry Sound-Muskoka) who spoke at the event.

Reverend Majed El Shafie, president and founder of One Free World International, an international human rights organization that advocates for religious minorities, was the main speaker of the evening. In 1998, el-Shafie was arrested in Egypt after converting to Christianity.

“For many days I was in an Egyptian prison, and I was tortured for days for converting from Islam to Christianity. But in this dark cell, I understood that our enemy can hurt our body, but nobody can touch our



Dilveen (right) and Adiba speak with One Free World International founder Reverend Majed El Shafie, June 5, at Congregation Machzikei Hadas.

soul,” said Reverend El Shafie, the 2016 recipient of the Raoul Wallenberg Citation for Courage in the Face of Anti-Semitism.

In the past four years, Reverend El Shafie said, One Free World International has rescued more than 600 Yazidi girls from ISIS fighters. However, there are still some 3,200 Yazidi girls languishing in ISIS captivity.

Reverend El Shafie invited Dilveen and her aunt, Adiba, who was also an ISIS captive, to the podium to speak, referring to them as “victors, not victims.”

As Adiba spoke about the plight of Yazidis still languishing in refugee camps, Dilveen held Reverend El Shafie’s hand.

After the event, Reverend El Shafie, Dilveen and Adiba gathered to speak with the Ottawa Jewish Bulletin.

“I am not holding the hand of a 14-year-old girl,” Reverend El Shafie said during the interview. “I am

holding the hand of a hero. I am not just proud of her, I am honoured that we have become so close.”

Dilveen has been learning English at school. She said she is not finding it difficult and is learning fast. Gym is her favourite class at school and she enjoys playing soccer and volleyball.

When she grows up, Dilveen said, she would like to help people and thinks she might become a lawyer.

Adiba has been volunteering with One Free World International to speak about her experiences across Canada. Discussing them, she said, helps her to heal and gives her the opportunity to educate people on the plight of the Yazidis.

“Nobody knows what is happening to the Yazidis except when we speak of them,” she said. “We have to educate people.”

Visit www.cbc.ca/shortdocs/shorts/dilveen to watch the documentary “Dilveen” online.

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JET to host week of exciting classes at annual Yarchei Kallah, July 2-7

BY RACHEL GRAY
FOR JET

What does Judaism have to say about the zodiac? Gun control? Sleep? The occult? These are just some of the fascinating topics to be explored at JET's annual Yarchei Kallah, a weeklong learning program taking place July 2 to 7.

Here is how it works: You look at the program guide and choose what interests you and fits your schedule. Meet up with a friend at a "lunch and learn," check out a single class, sign up for a weeklong course or pop into the Soloway Jewish Community Centre in the evening for a lecture. Whether you are a seasoned scholar or this is your first time, there is something for every level of knowledge and interest.

Perhaps you want to get more prepared for next year's Passover seder with an in-depth look at the 10 plagues. Perhaps you have always been curious about Kabbalah and what it means for the average Jew. If you are into self-improvement, there are classes on mindfulness, gratitude, judging favourably, simplicity, and other similar topics, which are available in both the morning and evening slots. You can delve into the Ten Commandments or find out more about the biblical, tambou-



Rabbi Michael Skobac will be scholar-in-residence at JET's annual Yarchei Kallah, July 2 to 7.

rine-wielding heroine Miriam who saved the Jewish people. Perhaps you want to get a sneak peek into the afterlife or learn tools for maximizing your happiness now. Regardless of your interests, as the JET motto goes, "there's something in it for you."

Back by popular demand this year is scholar-in-residence Rabbi Michael Skobac, one of the world's foremost authorities on missionaries and cults, and director of education and counselling at Jews

for Judaism in Toronto. He will be giving a morning course on self-improvement and an evening course about Judaism's complex relationship with Christianity.

Is it too hard to get out during the week? Will you still be wanting more by the end of the week? Relax at a fully catered Shabbaton at Congregation Beit Tikvah and hear Rabbi Skobac speak about "Weapons of Mass Distraction" and "The Joke's on You: Humour and Judaism." Rabbi Skobac's talks will

You can delve into the Ten Commandments or find out more about the biblical, tambourine-wielding heroine Miriam who saved the Jewish people.

prove to be deep and thought provoking, as well as entertaining.

A weeklong learning program is something quite different from your typical weekly classes. It affords a wonderful opportunity to linger after class, schmooze over a bagel, and connect on a personal level with learned and inspiring teachers. Think about what you learned on Monday and come back with questions on Tuesday. Yarchei Kallah is a chance to meet new friends and reconnect with old ones. Maybe best of all, relive your college seminar days with a coffee in one hand and a notebook, pen and folder filled with notes in the other. No tests, homework or exams guaranteed! The only catch is, you may enjoy yourself so much you'll feel compelled to come back again next year.

For more information visit www.jetottawa.com to see the program guide and online booking form. For more information, contact JET at info@jetottawa.com or 613-695-4800.



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Maccabi Sports Day at OJCS: Ottawa's first Maccabi Sports Day was held, June 5, at the Ottawa Jewish Community School.

Kneeling in the front (from left) are Maccabi athletes Ben Felix (basketball), Alexander Manuel (track), Haley Miller (rhythmic gymnastics) and Lianne Laing (gymnastics).



Guys Night In: The Ottawa Jewish Community School held a "Guys Night In" event, June 7, for boys in Grades 4-6 featuring special guest David Levin of the OHL Sudbury Wolves. At press time, it was expected that Levin may well be the first Israeli-born hockey player to be drafted by an NHL team. The NHL draft is scheduled for June 22-23.



The Kingdom of Osgoode

Medieval Festival

July 14-15 2018
9:30 am-5:00 pm
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www.osgoodemedievalfestival.com



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Tamir Israel Experience 2018



Kitbutz Machanayin's mini zoo operated by people with developmental disabilities.



Tamir digs for treasure at Beit Guvrin archeological site.

Tamir and Yemin Orde choirs.

Meytal Novidomky, P2G Coordinator, her son, and Jordan Shortt.



Yad Vashem

Tamir/Renanim special education school choirs and dance performance.

Dead Sea mud madness!



Canada-Israel high fives!

Tree planting at Tzora forest, JNF.

Metulla Seniors Choir and Tamir "zimriyah"

Tamir travelled to Israel from May 22nd to June 1st, 2018 as part of Partnership2Gether, also in celebration of Israel's 70th Anniversary. P2G connects 450 Jewish and Israeli communities in 46 city-to-city and region-to-region Partnerships, engaging more than 350,000 participants each year in meaningful ongoing connections between Israelis and Jews around the world, through unique programs and one-on-one encounters. Ottawa is twinned with the Kiryat Shmona region in northern Israel. Schools and other groups from Ottawa have participated in this program over the years. The P2G portion of Tamir's trip was funded in part by the Jewish Federation of Ottawa. Tamir visited with developmental service organizations and choir groups in the region for three days followed by a week of travel elsewhere in Israel.

Camp B'nai Brith of Ottawa launches workplace internship program

BY ADAM TANNER
CAMP B'NAI BRITH OF OTTAWA

Camp B'nai Brith of Ottawa (CBB) has experienced exceptional growth the past decade as it continues to be a favourite home away from home for many in Ottawa, Montreal and Toronto each summer.

Critically important to the camp's success are the staff who care for and mentor the campers. From first year staff to supervisors of specialties or camper units, creating a culture that attracts and retains the best staff is paramount. And, in today's competitive career world, it can be challenging for staff to continue their camp careers no matter how much they love it.

To help impact this, the camp introduced a new program. The inaugural *One Summer, Two Jobs: The CBB of Ottawa Staff Internship Program* offers staff an opportunity to build both discipline-specific and workplace skills in advance of the camp season, while still having the option of working at camp. Essentially, the best of both – camp and city – worlds.

This program helps university-aged staff gain practical experience in their fields of study. For employers, it can be difficult to employ a student who can only commit to working during May and



Joshua Shore (left) and Tommy Friedlich, co-heads of waterfront at CBB, observing a surgery during their internship at the University of Ottawa Heart Institute

June. This leaves many staff members with a difficult decision: continuing to grow as a leader, friend and role model at camp, or pursuing a resumé-filling, experience-gathering summer internship. To help, the camp worked with its alumni community to offer on-the-job

internships in May and June.

“Our staff spend their summers building real, applicable career skills, such as teamwork, problem solving and communication. While we believe that camp is one of the best places to learn these important skills, many of our staff also need to begin building discipline-specific skills. That first-year commerce student wants experience in a business and the third-year engineering student may need more practical experience on their resumé, which is why we introduced this program,” said CBB Associate Director Cindy Presser Benedek.

Three staff participated in the *One Summer, Two Jobs: The CBB of Ottawa Staff Internship Program* this year.

In Ottawa, Tommy Friedlich and Josh Shore, co-heads of waterfront, spent time working at the University of Ottawa Heart Institute. Both gained valuable experience working on cardiac anesthesia projects looking at bleeding following heart bypass surgery. Their work will be published later this year in anesthesia literature. They are also working on a project looking at operating room (OR) efficiency and optimal use of the OR time – one of the costliest resources in a hospital. They have gone on field trips to the OR to observe the environments

that they are studying to get maximum exposure to the hospital environment as they consider medicine as a career.

In Toronto, Liam Clark-Cooper, a boys' staff member, has been interning at Weber Shandwick – a large communications agency representing brands like Air Canada, McDonald's, Canadian Tire and others. He has worked on research projects, content creation for the agency's social media channels and website, and general shadowing to gain valuable marketing experience as he starts his first year at Dalhousie University in Halifax in the fall.

“Our internship program is structured to train students on the skills they'd need to work in our industry, but there are certain characteristics or attitudes that just can't be taught,” said Victoria Cacioppo, senior manager at Weber Shandwick. “Having students join who are used to working in team-focused, collaborative environments, and who are willing to roll up their sleeves to get the job done makes a huge difference.”

If you are interested in providing an internship to the program in 2019, contact Abi Freeman at Abigail@cbbottawa.com.

Adam Tanner is chair of the board of directors of Camp B'nai Brith of Ottawa.

United through the love of camp

BY DAVID LISBONA
CAMP B'NAI BRITH OF OTTAWA

Come July 1 every year, the population of Quyon, Quebec swells by over 20 per cent and the average age drops. This is a result of the influx of kids attending two of its resident summer camps: Camp B'nai Brith of Ottawa (CBB) just east of the core of the town and the Tim Horton Camp des Voyageurs to the west.

CBB is the home for Jewish kids from Ottawa, Montreal and Toronto for up to seven weeks each summer. The Camp des Voyageurs is one of seven signature Tim Horton Camps throughout North America that through intentionally designed programming, empowers youth from low income homes, to pursue a life without limits.

Last year, I approached Marie-Fredricke Scott, general manager of Tim Horton Camp des Voyageurs, for more than just a cup of coffee. The purpose was to see what more could be done between the two camps that both straddle the majestic Ottawa River.

Last summer, I toured the Tim Horton Camp. It is an amazing facility. What



This gym at Tim Horton Camp des Voyageurs will be winterized for year-round use following a fundraising campaign by Camp B'nai Brith of Ottawa board members.

the Tim Horton Children's Foundation is doing for youth is truly remarkable. I knew then that we needed to support this magical experience.

The Tim Horton Children's Foundation operates year round, but their gym,

a significant programming space, is not winterized. I called on Robert Bloom, a fellow CBB board member and owner of Montreal-based general contractor, Dama Construction. Together, we went to work to ensure campers would have that space

available to them in the colder months.

We take tremendous pride in our financial assistance efforts at CBB and we knew that we could do something for Camp des Voyageurs. Those of us involved with CBB believe strongly in the Jewish principle of *tikkun olam* (repair the world). For a group of CBB's donors, in addition to us, the call came and they answered – because it meant that more kids would be able to benefit from the camp experience.

The funds will be used to winterize the gym before the cold and snow hits later this year.

“We can't wait to open this newly improved space for our campers,” said Alexandre Morin, acting general manager, Tim Horton Camp Des Voyageurs. “We are incredibly grateful for the investment CBB's donors have made in our campers and our community.”

CBB and Tim Horton Camp Des Voyageurs look forward to working together on future projects.

David Lisbona is vice-chair of the board of directors of Camp B'nai Brith of Ottawa.

JWRP trip empowers women to ‘transform ourselves, our families, our communities’

BY PAMELA ROSENBERG

For 10 days – from April 30 until May 9 – I was one of 36 women from Ottawa’s Jewish community who travelled from Tel Aviv to Tiberius and from Tsfat to Jerusalem seeing Israel, listening to engaging and inspiring speakers, learning, connecting and bonding along the way.

The JWRP (Jewish Women’s Renaissance Project) MOMentum Trip brings Jewish women, with children under 18, together to “empower women to change the world through Jewish values that transform ourselves, our families, and our communities.” JWRP partners with the Jewish Federation of Ottawa to subsidize the ground costs of the journey.

The trip itself was action packed – we experienced the country and motivational lectures about the important roles women have played in the history of our people and about our vital roles as mothers, wives and community leaders.

We rode camels, toured Masada, covered ourselves in mud and floated in the Dead Sea, experienced the liveliness of Ben Yehuda Street at night, explored the Old City in Jerusalem, visited a mikvah, and hit the shuk whenever time permitted.

Shabbat was welcomed with candle lighting, and singing and dancing at the Kotel followed by a beautiful dinner in the company of around 400 of our sisters from across the globe.

It was an emotional journey for many as we wandered through Yad Vashem and heard heartbreaking stories of the Holocaust. The tears that fell throughout our journey were matched by much boisterous dancing and singing that



The Ottawa JWRP stops for a photo at the top of Masada with their Israeli and Canadian flags.

would have easily embarrassed our kids at any bar mitzvah party back home. But that was part of the beauty of this trip. It was just about us and about forgetting – for a moment, anyway – about our responsibilities far away back home.

With the JWRP portion of our journey behind us, we headed north to Ottawa’s Partnership 2Gether region in the Upper Galilee Panhandle. Armed with overflowing bags of Canadian paraphernalia in the form of pencils, stickers and tattoos, we visited Einat HaGalil, a school partnered with Ottawa’s Temple Israel Hebrew School. We went next to Tel-Hai College, a technical school, where we enjoyed a molecular cooking class, before stopping at Beit Gesher at Vancouver House to play games with the

developmentally disabled students at their after-school program. Last on the itinerary was a tour of Metulla, including a visit to the Israel/Lebanon border.

More than important lessons about Judaism and Israel, the JWRP trip allowed me to get to know Jewish women who I have known for years by

name but never had the opportunity to make real connections with.

Now, with the jet lag finally behind me, I look forward to gathering with my new friends to bake challah with, enjoy a Shabbat dinner with, or just hang out as we continue in Ottawa on our year-long journey together.

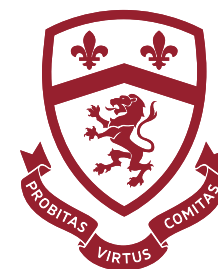


The Ottawa JWRP group celebrates at Hadarya Hall in Jerusalem on the final evening of the trip.

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Jewish Heritage Month on Parliament Hill: A Parliament Hill reception on May 30 organized by Liberal MP Michael Levitt, Conservative MP David Sweet and NDP MP Randall Garrison celebrated the first annual designation of May as Jewish Heritage Month in Canada. The accomplishments of former justice minister and MP Irwin Cotler and the Canadian Jewish Experience (CJE) were honoured at the event.

(From left) CJE organizer Tova Lynch, MP Michael Levitt, former justice minister and MP Irwin Cotler, and Heritage Minister Mélanie Joly gather at the event beside the CJE exhibit.

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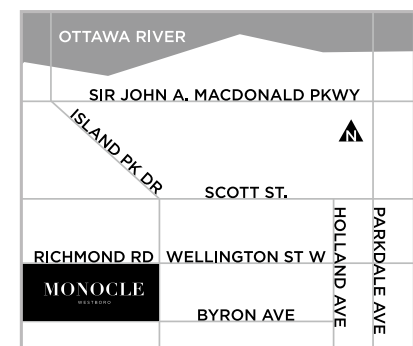
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“All of us are perfect
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-Sheree Fitch, *Everybody's Different on Everybody Street*

For our family, spring 2018 brought the realization that this was the last year we will have a child attending the Ganon Preschool. Reflecting on how blessed we are to have been part of this remarkable program I am overwhelmed with gratitude.

Our two beautiful and talented children have attended the program since the two-year-old class. Both have a learning exceptionality. The morahs and directors at Ganon have been an integral part of so many family milestones: first academic achievements, athletic triumphs, friendships, and the blooming of our little people's personalities. They were also there through the stress and worry of concerned parents as our children were diagnosed with autism. We received consistent support from skilled and experienced teaching staff who helped us seek assessment, made accommodations and support plans, and untiringly sought unique and creative solutions for making things work in the best possible way. My children have been safe, loved, supported, challenged, and encouraged at Ganon. As a result, they have absolutely thrived. My



Madelaine Werier says her children thrived at Ganon Preschool.

kids leave the program with a love of Judaism, too many friends to count, and a circle of adults at the Soloway Jewish Community Centre (SJCC) who know

and care for them.

Having physical limitations, sensory sensitivities, social challenges, intellectual or learning disabilities are not barriers to friendship and inclusion in these classrooms. All children are given the opportunity to learn, grow and develop to their maximum potential. At Ganon, children with and without exceptionalities participate and play together, which nurtures attitudes of acceptance, understanding and compassion. These experiences foster creativity and advanced communication skills for working with all kinds of people. Observing differently abled children interact with each other is inspiring and humbling as we watch them setting an example for us all.

Ganon's core values are pillars for an inclusion model that has a positive ripple effect for our entire community. Ganon has strengthened the love of Judaism in our family, encouraged us to pursue further education at the Ottawa Jewish Community School, increased our participation in all kinds of Jewish community events, and inspired volunteerism and philanthropy. We have created social networks that strengthen the health of our family unit and cradle our children in community protection. Our kids are known and welcomed at the SJCC by teachers, staff, and friends. Ultimately, this is a key factor in their safety, happiness, and success.

As we attend our last JK graduation ceremony this month, our family extends a heartfelt thanks to the wonderful staff and leadership of the Ganon Preschool for years of poignant and happy memories. Ganon has given our children the invaluable opportunity to be their best.

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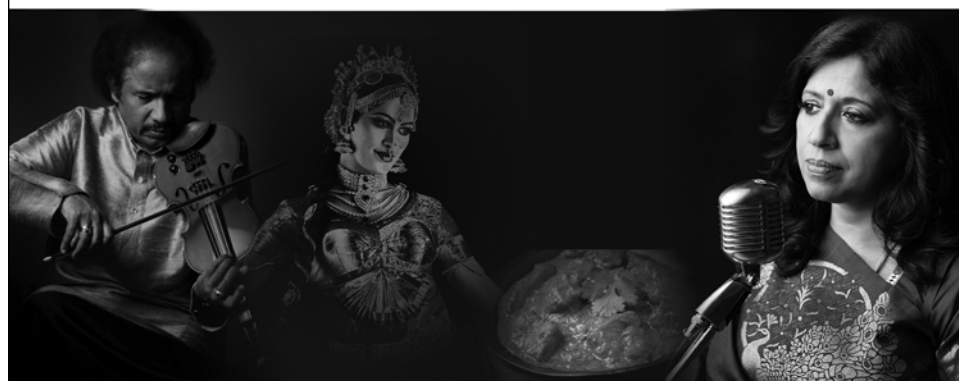
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(From left) Rabbi S. Robert Morais, Temple Israel member Fran Klodawsky, speaker Adara Goldberg and Mark Walker, chair of the Imre Y. Rosenberg Lecture Committee, gather following the annual Rosenberg Lecture, May 10, at Temple Israel.

Author of study on Holocaust survivors in Canada calls on community to help refugees

BY LOUISE RACHLIS
FOR TEMPLE ISRAEL

The author of a book studying Holocaust survivors in Canada says she learned about how the “rehabilitation and resilience in trauma” experienced by survivors after the Second World War is relevant to understanding and helping refugees in the contemporary world.

“In the wake of the current refugee crisis, our days and our hearts can surely open wider,” said Adara Goldberg, who gave the annual Imre Y. Rosenberg Lecture at Temple Israel on May 10.

The Jewish community can show compassion to newcomers, she said, and lessons gleaned from the past can help the immigrants of the future.

Her book, *Holocaust Survivors in Canada: Exclusion, Inclusion, Transformation, 1947-1955* was published by the University of Manitoba Press in 2015.

A longstanding tradition at Temple Israel, the Imre Y. Rosenberg Lecture series was endowed by Truda Rosenberg, a Holocaust survivor, in memory of her late husband.

Goldberg said it was an honour to be deliver the lecture and to meet Truda Rosenberg, 96, earlier in the afternoon at Hillel Lodge.

She began her talk by giving thanks to the Holo-

caust survivors who shared their time and memories. “I dedicate any talk I do to these men and women,” said Goldberg, a Toronto native, who earned her PhD at the Strassler Centre for Holocaust and Genocide Studies at Clark University in Worcester, Massachusetts. She is currently director of the Holocaust Resource Center at Kean University in Union, New Jersey.

Describing herself as a “social historian,” Goldberg said her interest in people and Jewish history began in Grade 5 in suburban Toronto when she had to write about a hero. She chose Hannah Senesh, a poet who was a paratrooper trained to rescue Jews during the Holocaust. Even today, she said, she is haunted by Senesh’s story.

Doing her research, she sat with people for hours until they were comfortable enough to trust her. Some survivors were surprised she was interested in that period of their life.

“Almost 70 years after the war, people were adamant I should change the topic. They were afraid of appearing ungrateful of all that had been done for them.”

Temple Israel member Fran Klodawsky read Goldberg’s book and suggested her for the lecture.

“She conveyed the diversity of experience and the

many different ways to think about welcoming newcomers today, and to be thoughtful in our responses to them,” said Klodawsky.

“Some Holocaust survivors struggled to find their footing,” said Goldberg. “Most survivors did come through, overcoming great obstacles. They contributed to Jewish life and to secular life.”

Mark Walker, chair of the Imre Y. Rosenberg Lecture Committee, said the research by Goldberg “will teach all of us something of what it means to be an immigrant.”

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Continued on page 21

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From page 20

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Ugandan rabbi: ‘We as a Jewish community need to be treated like any other Jewish community’

BY JOSEFIN DOLSTEN

(JTA) – A Ugandan rabbi called on Israel to recognize his community after the government ruled against allowing members to move to the Jewish state.

Rabbi Gershom Sizomu confirmed a report in Haaretz last month that the Israeli Interior Ministry had denied a community member’s immigration application. The Interior Ministry, according to Rabbi Sizomu, said the decision represented its stance on the Ugandan Jewish community, not just the applicant, Kibita Yosef.

Rabbi Sizomu, who leads the community of approximately 2,000 people, urged Israel to give Ugandan Jews the same rights afforded to Jews worldwide.

“We as a Jewish community need to be treated like any other Jewish community in the Diaspora,” he told JTA from Kampala, where he serves as a member of the Ugandan parliament.

Israel’s Law of Return gives anyone with at least one Jewish grandparent, is married to a Jew or has converted to Judaism the right to move there. Yosef, who is currently staying at a kibbutz in southern Israel, is the first Ugandan Jew to try to immigrate to Israel, according to Rabbi Sizomu.

Rabbi Sizomu emphasized that his community was not looking to immigrate to Israel en masse and that the decision would not change their practices.

“We are not Jewish for purposes of immigration,” he said. “We are Jewish because that is who we are, and we will never change that, whether they recognize us or not.”

On June 14, the Supreme Court of Israel issued a temporary injunction against Yosef’s deportation. The injunction said the Interior Ministry had to explain its decision by July 29, according to Haaretz.

The Ugandan community, also called the Abayudaya, traces its roots to the early-20th century, when a former leader read the Bible and embraced Judaism. Most Abayudaya converted to Judaism



In anticipation of the construction of a new synagogue in Nabagoye, Uganda, in 2016, the women and children there were given the honour of transferring the Torahs from the old synagogue to a temporary home.

under the auspices of American Conservative rabbis in the early-2000s and are thus not recognized as being Jewish by Israel’s mostly haredi Orthodox Chief Rabbinate.

In 2016, the Jewish Agency for Israel recognized the community for the purposes of the Law of Return, seemingly opening a path for its members to immigrate to Israel. However, the Abuyudaya have struggled to obtain government

recognition to do so. In December, Israel denied a visa application by another member of the community to study at a yeshiva in Israel, leading to accusations of racism.

Today the community, which is based in the rural town of Mbale, has seven synagogues – including a 7,000-square-foot synagogue centre that opened in 2016 – a mikvah and two Jewish schools.

“We feel like we have an established Jewish community that deserves to be recognized by Israel,” Rabbi Sizomu said.

On Friday, Rabbi Julie Schonfeld, who leads the Conservative movement’s Rabbinical Assembly, called the Israeli decision “unlawful.”

“This is completely inconsistent with more than two decades of Israeli practice of Conservative converts – who are by the way halachically converted to Judaism under our auspices – who had been recognized as Jewish for the purposes of the Law of Return,” she told JTA, using a phrase meaning that something was done in accordance with Jewish law, or halachah.



Rabbi Gershom Sizomu leads Uganda’s Jewish community.

Rabbi Schonfeld said that the movement and its allies were planning “to use all means at our disposal to see that this is reversed.”

Rabbi Sizomu said that despite the latest decision he remained hopeful about his community gaining status in Israel. In August, 40 young Ugandan Jews will travel to the Jewish state on a trip organized by Birthright, an organization that provides free trips to Israel to young Jews around the world. It is the first time Ugandan Jews will participate in such a trip.

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Wallenberg Citation Initiative event supports presentation to Angela Merkel

BY DANIEL STRINGER
WALLENBERG CITATION INITIATIVE

An evening of culture, reflection and grand dreams to help stem the tide of anti-Semitism was held at the home of Holocaust survivors Vera and George Gara on May 23.

The Wallenberg Citation Initiative (WCI), co-founded by the Garas and myself, hosted the gathering as fundraiser in support of the presentation of the Raoul Wallenberg Citation for Moral Courage in the Face of Anti-Semitism to WCI's first international recipient, German Chancellor Angela Merkel.

The program included a recital by classical violinist Ralitsa Tcholakova and a talk by legal scholar Sharon Sholzberg-Gray on the historic struggle of Jews within Canada's political system.

Sholzberg-Gray knows of what she speaks. Her late husband, Herb Gray, had a distinguished career as Canada's longest continuously serving member of Parliament and was the first Jew to serve as a federal cabinet minister.

Sholzberg-Gray gave a nonpartisan discourse that detailed Canada's "polite anti-Semitism" that effec-



Blandine Stringer (centre) and Daniel Stringer (right) show the first international medallion of the Raoul Wallenberg Citation for Moral Courage in the Face of Anti-Semitism, designated for German Chancellor Angela Merkel, to Eugen Wollfarth, chargé d'affaires of the German Embassy in Ottawa, June 19, 2017 on Parliament Hill.

tively barred Jews from the federal cabinet until her husband broke that barrier in the government of prime minister Pierre Eliot Trudeau. Prior to that, she said,

worthy candidates for cabinet positions were passed over simply because they were Jewish.

WCI decries the spread of anti-Semitism by extolling the virtues of Raoul Wallenberg, the Swedish diplomat who saved thousands of Hungarian Jews from the Holocaust during the Second World War.

WCI presented our first national awards on Parliament Hill in 2016 to Reverend Majed El-Shafie and in 2017 to Imam Mohamad Jebara and Rabbi Steven Garten.

It has been a challenge for WCI has been to find a feasible time and place at which to make the presentation to Merkel. Marcus Stadthaus, first secretary of the German Embassy in Ottawa, attended the event and said there was a possibility of the chancellor coming to Canada in September, presumably in conjunction with her appearance at the opening session of the United Nations General Assembly in New York.

Jewish Family Services of Ottawa has enabled WCI to offer tax receipts to donors who support our efforts to combat anti-Semitism. Cheques may be sent to Jewish Family Services, 2255 Carling Avenue, Ottawa, Ontario K2B 7Z5, with "WCI" written on the memo line.

JFS offers mental health programs to meet community needs

BY SUSAN LEE
FOR JEWISH FAMILY SERVICES OF OTTAWA

With one third of Canadians at high risk for mental health concerns, Jewish Family Services (JFS) has responded with strategic, inclusive and sustainable programming that has positioned the organization to grow in a manner that aligns with community needs.

Part of this strategic development was initiated in 2010 when JFS received funding to rebrand its counselling program as "The Counselling Group," signaling to the community that it offers an inclusive space for Ottawa residents to access professional mental health support. The Counselling Group offers individual adult counselling support through its general counselling program. It also now houses two other clinical programs: The Centre for Children, Youth and Families and The Centre for Couples and Relationships. Along with the growth of its clinical counselling staff from a small team of six to over 30 clinicians, JFS has also

expanded its cultural and linguistic capacity to meet the needs of diverse clients and offers mental health programs in over eight languages.

In 2013, JFS also implemented The Walk-In Counselling Clinic, which now provides free counselling to clients at eight different sites across the Champlain region. The Walk-in Counselling Clinic served approximately 3,000 clients over the past year, and these numbers continue to grow.

Part of JFS' success lies in the design of a sustainable financial model that has made it possible to serve lower-income clients through a sliding-scale fee structure. This innovative model has allowed The Counselling Group to offer over 8,000 counselling sessions each year to clients of all income levels.

Ongoing assessment is a regular part of JFS programming, an approach that has created a culture of openness and flexibility as well as an attention to best practices. This growing professional expertise has transformed JFS into a dynamic hub for learning and

training in Ottawa. Professional development opportunities are offered through internship programs and through training workshops provided by leaders in the counselling field. These opportunities are accessible to mental health practitioners across the city.

JFS also works closely with other organizations to serve the Ottawa community. It strongly values its connections with over 80 community organizations, cultivates these connections, and encourages a spirit of collaboration.

While JFS has effectively risen to the challenge of addressing the increasing need for mental health support in Ottawa, mental health services in Canada remain grossly underfunded. More financial resources are required to meet the growing demand for affordable and accessible counselling, and to reduce the inequities of our current mental health care system.

Susan Lee, a master of social work student, is a JFS counselling intern.

Conference for child Holocaust survivors and second and third generations to be held in Florida, November 9-12

BY ELLY BOLLEGRAAF

The 30th annual International Conference of Child Survivors, Second and Third Generations, Spouses and Families, organized by the World Federation of Jewish Child Survivors of the Holocaust and Descendants, will take place November 9 to 12 in West Palm Beach, Florida at the West Palm Beach Marriott Hotel. The conference is held in cooperation with the Kindertransport Association and Generations of the Shoah International.

Last year's conference took place in Jerusalem and was extremely successful. It was a well-planned event, rewarding and beneficial to all who attended, irrespective of their specific individual interests, needs, family and/or personal histories.

The conference always attracts great speakers, as well as facilitators for the many diverse workshops and panel discus-

sions. Participants have found that the conference "speaks to them," and many have retained contact with others who they have met at the conference. Occasionally there are also surprising and exciting connections made between people who, through family relations, situations, or events, find that they share a common bond.

Anyone interested in more information or in attending this conference should contact conference coordinator Susan Dubin at 818-606-0793 or susandubin48@gmail.com or visit www.holocaustchild.org. I suggest following up on this soon to get the info package, as there are deadlines for registration, payments, and hotel reservations.

Elly Bollegraaf, a child survivor of the Holocaust, speaks frequently about the Holocaust at schools, universities and other venues.

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BOOK REVIEW

RABBI RACHEL ESSERMAN
THE REPORTER, VESTAL, N.Y.

Let's Eat: Jewish Food and Faith
By Lori Stein and Ronald H. Isaacs
Rowman and Littlefield
270 pages

Food as a means to teach about Judaism: that summarizes Lori Stein and Ronald H. Isaacs' *Let's Eat: Jewish Food and Faith*. The work serves as a primer about Jewish history, holidays and lifecycle events, with an emphasis on Jewish food customs across the globe.

Stein, whose book/packaging firm has produced more than 200 books, and Isaacs, a rabbi who has served in the pulpit for more than 40 years, recognize that "Judaism is a complex religion" and that food alone cannot define it. However, foods can serve as a way to discuss diverse Jewish experiences across the globe.

The introduction offers a short look at Jewish texts, major contemporary Jewish movements and some basic Jewish geography. The timeline at the end of the chapter is helpful, although it did feel odd that the last events take place in the 1980s.

Each holiday – including Shabbat – has its own chapter. Much will be familiar to those with a basic knowledge of Judaism. What is of greater interest are the customs – especially food customs – specific to different cultural heritages. Many of the discussions include a recipe so that readers can experiment with new dishes. The work concludes with a chapter about life cycle events and focuses on the "mitzvah meals" that often accompany these events. Each chapter ends with a section about traditions from around the world.

My favourite parts of *Let's Eat* are descriptions of food customs with which I was not previously familiar. For example, in the past, Sephardic families celebrated

Shabbat with khubz, a flatbread made without eggs and sometimes flavoured with sesame seeds or other Middle Eastern spices. Spiced flatbreads were also featured in other Jewish cultures: Ethiopian Jews made theirs in frying pans, while in Iran and India they baked the flatbreads.

The list of traditional foods for Rosh Hashanah goes beyond those normally found in Ashkenazic homes. For example, while I have heard of people eating fish heads during the holiday because the Hebrew word *rosh* means head, I was unaware of the Bukharan Jewish custom of using a ram's head. Preparation includes removing the fur, but the eyes and teeth are still part of the head when it is placed on the table. According to the authors, this custom is still practiced in Israel. This was also the first I've heard of a Rosh Hashanah seder (although I am aware that people have done seders for other holidays). Like the Passover seder, foods are used as symbols, in this case, as wishes for what will occur during the upcoming year. Foods used in the past include white beans (which are a request for good deeds and a strong heart), leeks (which ask that our enemies be cut to pieces), pomegranates (for a fruitful year), and many others. The authors encourage readers to create their own symbols and use them

during the seder.

Other customs I found particularly interesting include:

- The celebration of *Chag HaBanot* (Holiday of the Daughters), which takes place on the sixth night of Chanukah. Jews from Yemen and North Africa open their synagogues to women who dance and bless their daughters.
- The building of a huge snowman by Uzbekistan Jews during Purim. The snowman represented Haman and they threw spoiled food at it. The holiday concluded with a large bonfire used to melt the villain.
- Various food customs for Sukkot. Italian Jews eat their version of a bagel covered with ricotta cheese, while Indian Jews celebrate a local harvest holiday, *Khiricha* (the pudding holiday), during which they eat a corn and coconut pudding.

While I have yet to try any of the recipes in *Let's Eat*, the instructions seem easy enough to follow. The book includes everything from a basic recipe for challah, to stuffed food

from a variety of cultures, to sweets from different nations. It serves as an easy introduction to basic Judaism for those unfamiliar with the religion, or as a way for foodies to expand the meals that grace their holiday tables.



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The roots of childhood

I was once told that my eldest child should improve his self-help skills such as getting dressed and putting on shoes. I interpreted this as an area for my own self-improvement, not my son's. I was the one sitting him on my lap and putting on his coat and shoes. If I didn't give him the chance to do things on his own, then how would he develop a desire to be independent? Sometimes parenting is about letting go. If shoes occasionally end up on the wrong feet, so be it.

This experience made me realize that I could be spending more time focused on the values that I'd like to instill in my children. This means being clear about the values that I want to uphold myself. Three values to hone in myself and my children are hardiness, gratitude, and living in the present.

Hardiness is about gaining independence, learning to take risks, and developing resilience. According to Jewish teaching, our children do not belong to us. It is a parent's responsibility and privilege to help guide their children so they can find their own path. If we overprotect our children, they will not develop the confidence and security needed to become independent.

It's a natural instinct for parents to protect children, but when we feel the need to shield them from physical and emotional pain we might be going too far. How did we get to this state of helicopter parenting? I think we've let ourselves be ruled by fears and worries. Parenting requires us to use our best judgement, and a certain level of concern may sometimes be warranted. But we may be doing a disservice by worrying, and we ought to learn to appreciate the joys of raising children.



EMMA MALLACH
**MODERN
MISHPOCHA**

How did we get to this state of helicopter parenting? I think we've let ourselves be ruled by fears and worries. Parenting requires us to use our best judgement and a certain level of concern may sometimes be warranted, but we may be doing a disservice by worrying and we ought to learn to appreciate the joys of raising children.

The more we let our children play freely, the better they will become at assessing risks and understanding their own abilities. Unfortunately, most children in Canada don't spend adequate time playing and moving.

Playing and being creative requires very little in terms of material goods or structure, but that can be

easy to forget given that children seem to be constantly surrounded by heaps of toys, television or Internet. I hope my children won't be in a state of thinking "bigger and more is better."

Many birthday party invitations now request "no gifts" and suggest a way to give tzedakah in lieu of gifts. I think a minimalist approach that embraces refurbished and previously loved toys and books that foster creativity, spark imagination, and encourage physical activity will result in several benefits for both children and the environment.

Living in the present is an important skill that comes naturally to children, but which we need to teach them to sustain for its ability to help them cope with challenges later in life. If we are constantly dwelling on the past, or living in anticipation of the future, then we will miss potential opportunities. We could all benefit from activities that require our undivided attention such as playing with our kids, gardening, painting, listening to music, or dancing. We might want to try lighting Shabbat candles, turning off our cell phones, taking a session off registered activities, or taking a walk with no planned destination.

Children need to learn how to be their own guide and this is only possible if we allow them to take risks, fall, and get back up again.

Note: Inspiration for this article comes from *The Blessing of a Skinned Knee* by Wendy Mogel, my PJ Library's Parents Book Choice in 2007.

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.

The Bess and Moe Greenberg Family Hillel Lodge congratulates our outstanding Award winners



Benjamin Shapiro
Sarah Lithwick Green
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Aviva Lightstone
Thelma Steinman
Direct Service Award



Joel Taller z"l
Shalom Perel
President's Award of Merit

Kids say the darndest things

I devote 90 ninety minutes every Thursday morning helping Israeli students improve their English. This Internet-based volunteer work is through a program called Israel Connect which was launched in Ottawa by Sarah Gordon. Israel Connect pairs volunteers with Israeli school children. I find that my interactions with the students aged 11 to 14 offers a window into Israeli society that is all too often unavailable to those of us living in North America.

There was a segment on Art Linkletter's "House Party" TV show decades ago called "Kids Say the Darndest Things." Linkletter would ask children questions like "What is the first thing a firefighter does when the alarm sounds? (He pulls up his pants)" or "What is the first thing you would do as president of the United States? (Keep my mouth shut)." The studio audience would roar and the children would revel in the attention.

When I'm chatting with my students in Israel, I do not subject them to questions intended to elicit cute answers. Rather I want to better understand their lives. Two years ago, I asked an 11-year-old boy living in Ramla what he had received for Chanukah. "Nothing," he answered.

I was shocked. Even in a city of immigrants with a struggling economy, I never thought a child would go giftless on Chanukah. A few weeks later he told me he had received a new tennis racket – he is a nationally ranked player for his age group – for Christmas. I was shocked and annoyed at myself for assuming that my student was Jewish. He was a child of Ukrainian immigrants whose grandparents fit the definition of Jewish for purposes of aliyah from the former Soviet Union in the late 1980s. Of course, there are Christians



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

living and thriving in Israel, but my tours, my study sabbaticals and my personal journeys rarely bring me in contact with Israeli Christian children.

"What is their life like as a member of the third minority religion?" and "How do they view the present government's desire to legally declare Israel a Jewish State?" are questions I would love to ask, but not to an 11-year-old. With whom do we ever ask and discuss these questions? Does our love for Israel and our concerns for its safety make us blind and tone-deaf to its citizens who don't fit our stereotypes?

The United States Embassy opened in Jerusalem on May 14. The invocation and benediction were offered by two evangelical Christian ministers, Robert Jeffries and John Hagee – two proud supporters of the State of Israel who are not very fond of Jews. I wonder why Prime Minister Benjamin Netanyahu praises individuals who desire our disappearance as a religious people. With whom do we chat about evangelical Christian allies who are important political and financial supporters of Israel, but who theologically yearn for the disappearance of our people? That same day, 60 Palestinians were killed in Gaza and thousands more wounded. I have many questions and field many more from neighbours and friends. Most of these questions are not

easily answered. Many require background knowledge unknown to the questioner. There is angst and anguish. With whom may a lover of Israel chat about this day without being branded a fascist or traitor?

I look forward to my Thursday morning conversation with a 14-year-old student who lives in a small settlement on the West Bank. She does not call it a settlement. It is just where she lives and goes to school. I ask, "*Mah chadash* (What's new)?" I am expecting a comment about Gaza. I am interested in how she hears the news. Once again, I'm wrong. She wants to chat about Netta Barzilai, the Israeli singer who won the Eurovision song contest. Her song and music have no appeal to me, but to my student she is magical. My student then says the 'darndest thing': "Netta is not your usual woman celebrity. She's big, not very slender, can't really dance, but we are so proud." Then she reminds me that the last Israeli winner of the contest was Dana International, a transgender singer, in 1994. She ends our time together saying, "What a country. A big woman, a trans woman. We don't go for the usual here!"

So that is what I have learned. Israel does not do the usual. Christian evangelical pastors bless the dream of an embassy in Jerusalem. Israel places its young brave soldiers in situations requiring life or death decisions. Israel opens its gates to two million people – many of questionable Jewish lineage – escaping the former Soviet Union, but does not have room for thousands of African refugees fleeing for their physical safety. Israel honours two woman singers as national heroes and neither of them looks like a Kardashian.

My student is correct. In Israel, the usual is not their thing!

Best practices for staying in shape this summer

We tend to think that unwanted weight gain only occurs in the winter when we're less active and eating heavier meals. The summer months are also laden with traps and temptations that can just as easily lead to a bigger waistline. You can avoid the battle of the bulge while fully enjoying all that summer has to offer by implementing some tried-and-true best practices.

First, identify what you're going to be doing this summer and plan accordingly. For example, will you be working full time or taking some time off work? Will you be travelling or taking a staycation? Think about your situation, how much down time you'll have in the coming months and how that might impact your dietary habits and exercise routine.

Next, consider your level of physical activity. Is it working well for you? Do you feel energetic and fit or lethargic and depressed; or somewhere in between? Are you at a healthy weight? Do a bit of self-assessment and honest introspection and if you're not feeling your best physically or mentally and there's room for improvement, consider increasing your physical activity level even just by a bit. Small improvements to your lifestyle can add up over the summer and yield measurable results beyond your waistline.

Once you've identified where you'll be and established your current and desired activity level, give some thought to how you'll incorporate exercise or sports into your routine as well as when you take a break from your routine. For example, if you'll be travelling for a few weeks, is walking while sightseeing



GLORIA SCHWARTZ
**FOCUS ON
FITNESS**

your strategy for staying fit? Although walking is very healthy, it may not be enough to counteract the extra calories that go hand-in-hand with vacations. Whether at home or on the road, restaurant portion sizes are typically larger and the ingredients may be more decadent and healthier compared to what you're accustomed to eating at home. If you've experienced unwanted weight gain on a previous trip that included lots of walking, choose a different strategy. If you'll be spending your time off work in town, consider limiting how often you dine out.

Even with the busiest of itineraries, you can schedule time to work out at the gym in your hotel or on your cruise. If there's no gym, you can work out without any special equipment wherever you stay. You can swim if there's a pool or lake. Get inspired with some workout videos before you go on your trip, and make a list of a few fundamental exercises you can do anywhere, anytime (push-ups, lunges, squats, etc.). Even if the added exercise doesn't burn a huge amount of calories (it really depends how intensely you work out and what you do), you'll gain the health benefits of exercising. Realistically speaking, it's very difficult to burn off hundreds

or even thousands of extra daily calories.

An alternative strategy is to prevent weight gain by being more mindful of your eating habits. You'll probably want to sample the culinary delights when you're in some faraway, exotic destination. Even if you're close to home, perhaps camping or staying at a cottage, you can make some smart choices. Will you typically go for s'mores and hotdogs or *clean* foods like grilled fish? Focus on moderation, not total deprivation. Enjoy occasional treats if that's what makes you happy, keeping in mind that you may feel disappointed in yourself if you consistently over-indulge and your clothing is too tight by Labour Day.

Ice cream, sodas or alcoholic coolers in the summer-time means lots of sugar. Frozen yogurt often has more sugar than ice cream. When you drink lots of beer, your liver metabolizes the alcohol and processes the alcohol's calories instead of metabolizing and burning fat cells. One bottle of beer contains between 100 (light beer) and 200 calories. If you have a couple of cold ones almost every day in July and August, you can gain three to seven pounds just from the beer. Eliminate most saturated fat, sugar, salt and high-calorie foods by holding the mayo and avoiding commercially-prepared salad dressings and barbeque sauces; grill lean meats, fish and chicken instead of ribs and hotdogs; top lean burgers with veggies instead of mounds of cheese and skip the bun or choose whole grain.

With a bit of thought and some consistency in your actions, you can avoid the hidden pitfalls of summer and maintain or achieve a trim figure.

WHAT'S GOING ON | June 25-July 22, 2018

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

ONGOING EVENTS

Chanting & Chocolate: Joyful singing from the heart

7:30 - 9 pm, last Monday every month
Temple Israel, 1301 Prince of Wales Dr.
Contact: Lorne Mallin,
lorne.mallin@gmail.com
Cost: \$10. Sacred Hebrew chanting with beautiful melodies and spiritual intention to open the heart and connect with the Divine.

Mah Jong at KBI

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

WEDNESDAY, JUNE 27

Special Screening of "Ben-Gurion, Epilogue"

7 - 9 pm, Mayfaire Theatre, 1074 Bank St.
Contact: Michele Richman,
514-937-8927 ext. 101
or 1-833-809-3848
Cost: Free. Join the Canadian Friends of Ben-Gurion University of the Negev for this special screening.

Kol Miriam Ladies Choir

7:30 - 9 pm, 471 Tillbury Ave
Contact: Laura Lunn,
llunn@magma.ca
Community Ladies Jewish Music Choir
Spiritual uplifting Jewish music by women for women

THURSDAY, JUNE 28

Tamir's AGM & Carnival 2018

5 - 8 pm, Kehillat Beth Israel Congregation, 1400 Coldrey Ave.

RSVP or to volunteer:

Krystal Valencia,
kvalencia@tamir.ca
AGM from 5-6, Carnival 6-8. An evening of fun and games including food, a photo booth, live caricature artist, pie-in-the-face, and more. Carnival admission free. (Donations are appreciated.)

FRIDAY, JUNE 29

Teddy Bear Shabbat - Summertime Fun!

5:30 - 7:30 pm,
Kehillat Beth Israel Congregation,
1400 Coldrey Ave.
Contact: Deborah Zuker,
rabbizuker@kehillatbethisrael.com
A fun Shabbat evening program designed for kids 6 and under and their families. Kid-friendly dinner, songs, stories, and prayers for Shabbat. Free and open to the community. Donations in support of Teddy Bear Shabbat are always welcome through the shul office.

MONDAY, JULY 2 - SATURDAY, JULY 7

Yarchei Kallah 2018

8 am - 9:30 pm,
Contact: Sierra Cwinn,
info@jetottawa.com
JET's Yarchei Kallah: Jewish Educational Extravaganza is a week of great morning and evening classes and lunch & learns. Guest Speaker, Rabbi Michael Skobac, director of education at Jews for Judaism, is an expert on cults and missionaries. Come for one class or an entire series, enjoy a lunch & learn or attend the Shabbaton at the end of it all.

THURSDAY, JULY 5

Glebe Shul Texas BBQ

6 - 9 pm
Contact: Glebe Shul, 302 Fifth Ave.

glebeshul@gmail.com

Cost: \$15. Join our growing community of Jewish Young Professionals for our 3rd Annual Texas BBQ. Featuring guest speaker Rabbi Michael Skobac.

MONDAY, JULY 9

The Talmud: Who, What, Where, When, Why?

7 - 8:30 pm, weekly on Monday, Thursday until July 19,
Temple Israel
1301 Prince of Wales Drive
Register: Cathy,
reception@templeisraelottawa.com
Cost: \$36 for four classes, or \$10 each. A course for those with little to no knowledge of this seminal Jewish text. Taught by Dar Blue, B.Ed., M.A.

THURSDAY, JULY 12

Tzofim Israeli Friendship Caravan Concert

7 - 9 pm
Contact: Ella Dagan,
edagan@jccottawa.com
The Tzofim Friendship Caravan is celebrating over 40 years of bringing excitement, energy and friendship to North America! Sponsored by Vered Israel Cultural and Educational Program, SJCC

COMING SOON

MONDAY, JULY 30

Ariel Quartet at Chamberfest

7 - 9 pm, Dominion-Chalmers United Church, 355 Cooper St.
Tickets and info at
<http://www.chamberfest.com/tickets/>
Sponsored by Israeli Embassy

FRIDAY, AUGUST 24

Pride Service and Potluck Dinner

6:30 - 8:30 pm, Temple Israel
1301 Prince of Wales Dr.
Contact: Dar Blue,
reception@templeisraelottawa.com
Contact: Dar Blue
blued@me.com

A Temple Israel host event: Erev Shabbat service honouring Ottawa Capital Pride Week in Ottawa followed by a potluck dinner where everyone is invited to join us. We look forward to seeing all LGBTQ people and allies on this joyous occasion! Join us on Sunday, August 26 at the Pride March as well!

SUNDAY, SEPTEMBER 16

10th Annual Biking for Bubbies

The Bess and Moe Greenberg Hillel Lodge
10 Nadolny Sachs Private
Contact: Mitch Miller,
613.728.3990
mmiller@hillel-ltc.com
<http://www.hillel-ltc.com>
The 10th annual Biking for Bubbies to support the 121 residents who call the Hillel Lodge their Home. It is a 36 km bike event (with a 1 km walk for those who do not bike) for families of current and past residents of the Lodge, as well as caring members of the greater Jewish and Ottawa communities.

CANDLE LIGHTING BEFORE

JUNE 29	8:37
JULY 6	8:35
JULY 13	8:31
JULY 20	8:26
JULY 27	8:19
AUGUST 3	8:10

BULLETIN DEADLINES

WEDNESDAY, JULY 4	FOR JULY 23
WEDNESDAY, JULY 25	FOR AUGUST 13
WEDNESDAY, AUGUST 8	FOR SEPTEMBER 3

* 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:

Benjamin Achbar

Audra Bennett

Goldie Davis, Toronto
(Mother of Roslyn Kanigsberg)

Michael Eisenstat, Vancouver
(Brother of Deborah Krebs)

Dora Garman, Toronto
(Stepmother of Al Garman)

Bertha (Tootsie) Greenberg
Mary Joyce, Toronto
(Mother of Sheila Smolkin)

Norman Zagerman

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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La meccanica delle emozioni

