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In this photo from the Ottawa Jewish Archives, Hy and Lillian Gould Family fonds, the family is seen at their Passover seder in 1944. The Ottawa Jewish Archives wants to see your family's holiday snapshots. Do you have family photographs showing holiday gatherings that you are willing to share? If so, contact Archivist Saara Mortensen at archives@jewishottawa.com or 613-798-4696, ext. 260.

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Ottawa Jewish Community School names new head of school

Over the past six months, we have been executing an extensive national and international search for a new permanent head of school for the Ottawa Jewish Community School (OJCS).

This process saw over 15 qualified applicants show interest in our school. A rigorous screening and vetting process was undertaken with current administration, Board members and community members to identify our top candidates. Tours of the school for final candidates were conducted to see our students and teachers in action.

Heading into this process, we determined that we must find a leader that met our criteria related to academic excellence, educational leadership, community involvement, and fundraising skills. We also set out to find a leader looking to make a significant commitment to our school and our community. The children that attend our school are the future leaders of our community and we need to ensure our school continues on a path to achieve our vision of Respect. Responsibility. Reaching for Excellence.

We are pleased to announce that, through this process, we have signed a five-year contract with Jon Mitzmacher,

AARON SMITH GUEST COLUMN

EdD. Jon is a proven Jewish day school leader and educational professional. Jon is joining us from PRIZMAH, the U.S. centre for day school education, where he is vice-president of innovation. Jon will be coming to Ottawa from sunny Jacksonville, Florida, with his wife Jaimee and their two daughters who are looking forward to being students at OJCS in the next school year. Jon is excited about our community.

“We are thrilled to join such a warm, rooted, close-knit and committed Jewish community. We look forward to being active members of the Ottawa Jewish community; we are coming to Ottawa not only for a job, but to make a home,” he said.

The Ottawa Jewish Community School is a core pillar of our community and, for me and my family, an organization that provides us with a lot of love. I love the community that we have built within the school and the success of the children who leave our school and go on to do amazing things. I am truly excited about



Aaron Smith is president of the Board of the Ottawa Jewish Community School.

the opportunity we have ahead of us to have Jon work together with our Board, our administrative team and our teachers to drive us forward.

In Jon’s words, “I am looking forward to working with the dedicated faculty, staff, lay leaders and stakeholders of the Ottawa Jewish Community School to build on the solid foundation of academic excellence and Jewish engagement as we prepare to take the school from strength to strength.”



Jon Mitzmacher, EdD, becomes head of school at the Ottawa Jewish Community School on July 3.

The Board would like to thank Sheldon Friedman, who, in collaboration with our administrative team and teacher group, has provided effective leadership this year. Sheldon will begin to work with Jon on transition and will finish the school year with us here at OJCS.

Jon will formally begin in his new role on July 3. We are looking forward to everyone welcoming him and his family to our community.

Teen arrested in Israel for JCC bomb threats

(JTA – A teen with dual Israeli and American citizenship who lives in Ashkelon in southern Israel was arrested on suspicion of carrying out more than 100 bomb threats on Jewish institutions in the United States and Canada.

The suspect, 19, was arrested, March 23, by Israel’s anti-fraud squad and his home searched. He also is accused of a series of threats made in Europe, Australia and New Zealand in the past six months, according to reports in Israel.

Israeli Police said the teen has been the subject of months-long undercover investigation by police’s Lahav 433 anti-fraud unit, as well as the FBI in the United States, and law enforcement in

other countries.

The army refused to draft the teen, who has lived in Israel for many years, after finding him unfit for service, Haaretz reported.

His father was also detained, on suspicion that he knew about his son’s activities, according to the Jerusalem Post.

His motives are unknown so far, according to reports.

The teen reportedly used advanced technology and voice-altering equipment to call in the threats to more than 100 JCCs, Jewish day schools and other Jewish institutions in North America, according to the Times of Israel.

During the cyber unit’s raid on the teen’s home, police found a computer lab with sophisticated equipment, encryption and transmission systems, and a powerful antenna, according to reports.

While he was indicted in Israel, it is likely the U.S. will request his extradition to be tried in court there.

He also is accused of making a threatening call to Delta Airlines, leading to the emergency landing of one of its planes.

Earlier in March, St. Louis resident and former journalist Juan Thompson was arrested and charged for making at least eight bomb threats against Jewish community centres and the Anti-Defamation League. Thompson, 31, made

some of the threats in the name of a former romantic partner he had been cyberstalking and some in his own in an attempt to portray himself as being framed. He was charged with cyberstalking, which carries a maximum sentence of five years in prison.

Israeli Minister of Public Security Gilad Erdan commented on the arrest.

“I congratulate the Israeli Police on leading a complex international investigation, together with law enforcement agencies from around the world, which led to the arrest of the suspect,” said Erdan. “We hope that this investigation will help shed light on some of the recent threats against Jewish institutions, which have caused great concern both among Jewish communities and the Israeli government.”

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'A really special moment in our history,' says congregation's co-president

Rabbi Eytan Kenter will be formally installed as spiritual leader of **Kehillat Beth Israel**, the egalitarian Conservative congregation created by the amalgamation of the former Agudath Israel and Beth Shalom congregations, later this month. **Louise Rachlis** reports.

Although Rabbi Eytan Kenter has been in place since last summer as senior rabbi at Kehillat Beth Israel, he will be formally installed in the position over the weekend of April 21 to 23.

"The weekend itself represents our excitement with both Rabbi Kenter and the birth of our new shul," said installation committee co-chair Faye Goldman. "It's an official marking; it's an exciting crossroad for the shul."

The centrepieces at the Friday night Shabbat dinner on April 21 will be little pails and shovels with bedding herbs. On Sunday, April 23, congregants, especially the young, will plant seedlings, paint rocks and decorate the big planter boxes of the Installation Garden.

"It will be an ongoing project to enhance Kehillat Beth Israel into the future," said Carol Gradus, co-chair of the installation committee, who had the garden idea in February and is thrilled to

see it come to pass.

"When Rabbi Kenter decided in January he wanted to have his installation April 21 to 23, he reached out to Faye and me as co-chairs of the rabbi search committee, and said 'Since you got me here, it would be nice if you completed this task,'" said Gradus.

Gradus said the congregation was looking forward to "formally welcoming" Rabbi Kenter, who was joined in Ottawa by his wife, Staci Zemplak-Kenter, and their young son, Boaz.

"The installation takes us beyond the idea of negotiated contracts and the rabbi as an employee, which all too often diminishes the respect and recognition of the role of the rabbi," said Stuart McCarthy, co-president of Kehillat Beth Israel.

"The installation becomes our affirmation of the congregation as a *kehillat* (community); that we recognize the spiritual authority of the rabbi as *mara d'atra* (master of the place), and also as the unquestioned religious authority and religious leader of the congregation," said McCarthy. "At the same time, it is a moment where the rabbi is going to make his commitment to the longer term leadership of the kehillat. This becomes a really special moment in our history and a moment we're all looking forward to."

Weekend events include a Gala Spring Celebration Shabbat Dinner during which Rabbi Kenter will be released and blessed by representatives of B'nai Torah, his former congregation in Atlanta, both in person and by video.

Rabbi Kenter will be installed and blessed by his father, Rabbi Barry Kenter, and welcomed by Kehillat Beth Israel's co-presidents, McCarthy and Lorne Goldstein, followed by Kabbalat Shabbat services and a dessert reception.

"Our Rabbi Kenter will speak, and we will welcome his family as well," said Gradus. "It's a very spiritual activity."

A native of Westchester, New York, Rabbi Kenter joined Congregation B'nai Torah in Atlanta, Georgia, following his



Rabbi Eytan Kenter

ordination in 2009.

"A new rabbi for a new synagogue is a time of great enthusiasm and possibility," said Rabbi Kenter. "And the installation is a nice opportunity for us to come together to celebrate what has already happened, and all the wonderful things we have in store."

Rabbi Kenter said that, since his arrival in Ottawa, he has made a strong effort to meet with three to five people a week to get to know his congregants.

"I see myself as the 'chief relationship officer' of the synagogue, and this installation weekend will give people a chance to get to know me better," he said.

"We have between 1,100 and 1,200 congregants," said McCarthy. "We're the largest synagogue in Ottawa now. We're a Conservative, egalitarian, fully inclusive congregation, with a rich history of multiple congregations coming together over the years, now to form a single kehillat. When we hired Rabbi Kenter, our first senior rabbi, it was a monumental occasion for our new congregation because he came with no preconceived biases and his focus is on leading us forward."

For more information, or to reserve places at the special Shabbat dinner, contact Susan Grossner at 613-789-3501 or susan@kehillatbethisrael.com.



Rabbi Eytan Kenter, Staci Zemplak-Kenter, and their son Boaz enjoy a winter's day family outing at Parc Omega in Montebello, Quebec.



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JET to celebrate 25th anniversary at Jewish Unity Live

BY LAUREN SHAPS
JET

On Sunday, May 14, JET (Jewish Education through Torah) will celebrate our 25th anniversary, at our annual Jewish Unity Live event, by highlighting 25 members of our community as examples of the hundreds

whose connection to Jewish community, Jewish literacy and Jewish practice has been enhanced by their involvement with JET.

When evaluating the impact of Jewish organizations, success is often measured by numbers. More participants are equated with greater impact. Yet, often,

the Jewish experiences that make the most difference are those that touch one person or family at a time. They are done quietly, under the radar, without fanfare or attention.

The Talmud says that “to save a life is as if you saved the whole world.” The rabbis understood this idea as applying both in real terms and as a metaphor for making a difference in someone’s life.

Sometimes, making a difference means connecting with another and sharing a path that they did not know existed, or, perhaps, thought wasn’t for them. For the past 25 years, JET has developed meaningful connections that have changed the lives of hundreds of Ottawans, through hosting countless Shabbat dinners for singles, couples, and families; and providing classes and small group or individual learning opportunities. JET has created or participated in unique and transformative Jewish experiences, such as the inspiring JET Shabbaton, held in a downtown hotel, Yarchei Kallah Study Week, and the exciting Momentum Trips for Moms and Dads, run by the Jewish Women’s Renaissance Project.

JET’s mission, to show that added Jewish knowledge and practice brings meaning and value to our lives, has slowly but surely made a substantive difference in the fabric of the Ottawa Jewish community.

It is fitting that the keynote speaker at this year’s Jewish Unity Live event will be Judy Feld Carr, a modern day heroine. Over the span of 28 years, Feld Carr quietly brought 3,228 Jews, prohibited from leaving Syria, to lives of safety and freedom. Among a long list of awards and recognition for her lifesaving acts, she was appointed a member of the Order of Canada, one of the highest awards bestowed upon Canadian citizens, and



Keynote speaker Judy Feld Carr, who brought thousands of Syrian Jews to freedom over a period of 28 years, will tell her story at JET’s Jewish Unity Live event, May 14.

she received the Presidential Award of Distinction created by Shimon Peres, the late Israeli president, to “recognize outstanding contribution to the Jewish people and the State of Israel.”

Jewish Unity Live, JET’s signature event, is an opportunity for the community to support and celebrate the work of JET. It will be held on Sunday, May 14 at Centrepointe Studio Theatre. The program, at 7:15 pm, will be preceded by a hot dinner buffet reception at 6 pm and followed by dessert catered by B’Tavon Kosher Catering.

Tickets are \$100 (including dinner) and \$36 (main event and dessert reception only).

Sponsorship opportunities, Journal advertisements, and tickets are available by contacting JET at info@jetottawa.com or 613-695-4800.





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Celebrating Canadian Jews of the last 150 years



A series of profiles throughout 2017 spotlighting the contributions of historically important Jewish Canadians to our country.

Lawrence "Lorry" Greenberg 1933 - 1999 Ottawa's first Jewish mayor

Lawrence "Lorry" Greenberg grew up in Lowertown, the Ottawa neighbourhood east of Parliament Hill that was the centre of Jewish life in the city through much of the 20th century. In 1955, he joined with his brothers – Irving, Gilbert and Louis – to found Minto Construction Company Limited, which became one of the city's most successful construction and real estate companies.

Greenberg left Minto in 1962 and devoted himself to community service. Between 1962 and 1969, Greenberg's leadership activities in the greater Ottawa community included serving as chair of the Youth Services Bureau, the Home for Delinquent Boys, Workshops – Canadian Mental Health Association, and the Steering Committee studying existing and needed facilities and resources for rehabilitation of female alcoholic offenders. He was also director of Serenity Home, a treatment centre and home for alcoholic men, and

treasurer of the Elizabeth Fry Society of Ottawa, an organization that works on issues affecting women in the justice system.

Greenberg entered municipal politics in 1968 when he was appointed to represent Wellington Ward on Ottawa City Council to complete the term of the late councillor Lionel O'Connor.

As a city councillor, Greenberg was elected to the Board of Control in 1969 and became senior controller and deputy mayor in 1972.

Greenberg was elected mayor of Ottawa on December 2, 1974, becoming the first Jew to head Canada's capital city.

According to the Globe and Mail, Greenberg was "an unconventional mayor known for his stunts as well as his achievements" for which "the citizens of Ottawa elected him and appreciated him." Perhaps his most



famous stunt as mayor took place at the rededication of the Colonel By fountain in downtown Ottawa when he jumped into the fountain and took a swim.

As mayor, Greenberg advocated for several controversial measures, including work for welfare recipients, the abolition of City Council and its replacement with a regional government, and the establishment of Ottawa as capital district outside

of provincial jurisdiction (like Washington, D.C. in the United States).

Greenberg suffered his first heart attack in 1977 and did not seek re-election in 1978.

Greenberg was an active member of Ottawa's Jewish community throughout his life and was honoured with a testimonial dinner at the Jewish Community Centre in 1975 in celebration of his election as mayor.

Greenberg remained active in the community following his retirement from politics and served as chair of the 1981 United Jewish Appeal (now the Jewish Federation of Ottawa Annual Campaign). As United Jewish Appeal chair, Greenberg wrote a regular column, "Lorry's Corner," in the Ottawa Jewish Bulletin.

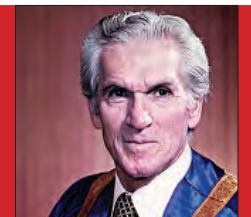
Greenberg died of heart failure in 1999 at the Ottawa Heart Institute at age 65. His funeral service at Agudath Israel Congregation was attended by more than 800 people.

Greenberg was survived by his wife, Carol, five children and (at the time) six grandchildren.



Next in the series Bora Laskin 1912 - 1984

Bora Laskin, who grew up in Fort William, Ontario (now Thunder Bay) was a justice on the Supreme Court of Canada for 14 years, including a decade as chief justice, the first – and, to date, only – Jew to serve as chief justice of Canada.



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**FEDERATION
REPORT**



**LINDA KERZNER
CHAIR**

What you can't find on Google

Jewish Bulletin from 1937 to the present.

The value of this project for our Jewish community is immense. This paper holds our collective histories and connects us. Now this information is there, protected and easily accessible.

The value of this project immediately highlighted what I hear from so many of you. As volunteers, you do what you do in our community to ensure an essential connection to our history, continuity and foundation for the future.

A series of events then conspired to solidify that inspiration for the theme of this article. One of those was the recent engagement of our daughter, Jessica. With the wedding date this fall, we are happily and busily working to bring everything together. When we talked about putting an announcement in the Bulletin, we decided it would be a good idea for two important reasons.

First, because friends and family members who choose to make a charitable donation to mark the occasion aligns with our desire for a philanthropic component.

Second, because it would create a permanent archival history in our community that cannot be found in any books or answered by Google. How fitting that the date of the wedding is the 80th anniversary of the first issue of the Bulletin!

We are a family that has significantly benefited from tracing our roots. My mother-in-law is a Holocaust survivor who lost her entire immediate family. Ultimately, our research resulted in finding more than 60 relatives of hers in Argentina. We have learned the essential importance of being able to trace one's family history. I knew that all Bulletin issues went into the Ottawa Jewish

Archives and future generations could research the names from there. After the Second World War, the names of Jewish orphans were published in the Bulletin with the hope of finding relatives and homes for these children. Ethel Kot Kerzner was one of those children whose family found her because of such publications.

We are soon approaching that time of year when we attend the annual general meetings and school year-ends of many of our organizations. Often, volunteers are recognized and awards are given. We get to celebrate the vast array of talent and dedication at all levels in our community. All of this is recorded now in perpetuity in the pages of the Bulletin.

And each and every volunteer circles back to these similar thoughts. What did I accomplish, what difference did I help make, and did I lay a foundation for the future upon which others can build?

We are incredibly fortunate that we now have free, universal access to the digitized social history of our community. The Bulletin continues to be an essential publication that allows us to share interests, goals, and to work together to achieve them. We are uniquely positioned to provide generations the tools to contribute to the vibrant and vital growth of our community. I am truly proud and humbly grateful to have been able to be a part of that effort.

As I sat down to write my final column as Chair of the Jewish Federation of Ottawa, I was inspired by a radio interview on CBC.

The "All in a Day" show on March 14 showcased the work of Ottawa Jewish Archivist Saara Mortensen. She was discussing the completion of the digitization project providing online access to the complete run of the Ottawa

**FROM THE
PULPIT**



**RABBI HOWARD FINKELSTEIN
BEIT TIKVAH**

Rabbi Yehuda Simes, morenu verabbenu, our teacher and rabbi

engineer of the Mishkan, the portable sanctuary project in the desert, was granted a God-given talent to not only develop and execute God's plans for the Mishkan's construction, he was willing to teach others, guide and inspire them in participating in the mitzvah of building a structure to reflect on God's presence among the people of Israel. The Or Hachaim comments that Bezalel was worthy of the appellation of *Tzaddik* (righteous person) because he was willing to share his wisdom with others.

"Zecher Tzaddik Livracha" was attached to Bezalel's name, and so, too, it is connected to the name of Rabbi Yehuda Simes, a beloved teacher and rabbi to many of us here in Ottawa and elsewhere. On the morrow of the conclusion of the Shloshim (30-day observance) service held at Beit Tikvah Congregation – livestreamed with Yeshivat Chafetz Chaim in Queens, New York – numerous rabbis reflected on his life of Torah and Judaism.

The Ottawa contingent was represented by Rabbi Reuven Bulka, Rabbi Baruch Perton, former principal of Hillel Academy and spiritual leader of Beth Zion Congregation in Montreal, and this writer. Roshei Yeshiva, friends and family spoke of Rabbi Simes' life of Torah and mitzvah observance.

It is difficult to put down in writing one's thoughts about Rabbi Simes, husband and father par excellence, teacher of thousands, and a great religious influence not only to his students in Hillel Academy/Ottawa Jewish Community School (OJCS), Torah High and elsewhere, but to Jews of all levels of observance and affiliations.

After his catastrophic accident, he continued to inspire others by his example, his speeches and his blogs. After he lost his ability to communicate by voice and later by computer, he transmitted his messages through his smile and warmth.

His eyes taught pearls of wisdom to those around him. When he came to shul on Shabbat in his wheelchair, the atmosphere in the sanctuary was enhanced by his presence. I remember that when he had his first aliyah to the Torah after his tragic accident and was wheeled to the bimah, there was a hush in the crowd yearning to hear each word of the brachot of the Torah coming from him. We had removed the elevated step to the shulchan to allow him to ascend.

It was a great honour for this writer to tilt the Torah in his direction so he could see the holy words of God during his aliyah.

See Pulpit on page 8

The Talmud, at the end of the third chapter of tractate Yoma, relates that there were families associated with the Temple ritual that refused to share with others their secrets in providing necessary services.

The family of Beit Gormo did not teach others how to bake the showbread that was displayed on the table in the sanctuary. The members of the Beit Avtinan clan kept to themselves the recipe for preparing the incense. Hagros ben Levi produced beautiful melodic sounds by tapping his mouth with his fingers, but did not tell others how he was able to produce those sounds. Finally, Ben Kamtzar did not reveal how he was able to hold four quills in his hand and write the Tetragrammaton, the name of God, simultaneously.

On the other hand, there were those who were willing to show and instruct others in their skill sets.

The Torah relates that Bezalel, the

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PUBLISHER
Andrea Freedman

EDITOR
Michael Regenstreif

PRODUCTION MANAGER
Brenda Van Vliet

BUSINESS MANAGER
Eddie Peltzman

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FROM THE EDITOR



MICHAEL REGENSTREIF

‘We are connected in ways both painful and powerful’

threats: a Jewish, 19-year-old dual Israeli-U.S. citizen who lives in Ashkelon in southern Israel.

We have not yet heard from the suspect about his motives. Early reports in the Israeli media said he was not answering questions or co-operating in any way with police investigators. At his first court hearing, his lawyer said that he has a non-malignant brain tumour that leads to behavioural issues. The Israel Defense Forces, apparently, had previously found him to be unfit for military service.

The suspect, evidently, was highly sophisticated in his use of computer equipment and software with which he perpetrated the bomb threat hoaxes while disguising his identity and whereabouts. But he did make a mistake while making one of the bomb threats and did not hide his IP (Internet protocol) address, which enabled authorities to trace the threat to him. This triggered a lengthy investigation, ultimately leading to his arrest.

The entire Jewish world, to be sure, was relieved that a suspect was caught. Hopefully, these waves of bomb threat hoaxes – there have been nearly 150

since January – will now stop. But the fact that the suspect in this case is Jewish does not change the anti-Semitic intent behind the crimes.

As Jonathan Greenblatt, CEO of the Anti-Defamation League – an organization in the United States that combats anti-Semitism – said in a statement after the suspect’s arrest, “While the details of this crime remain unclear, the impact of this individual’s actions is crystal clear: These were acts of anti-Semitism. These threats targeting Jewish institutions were calculated to sow fear and anxiety, and put the entire Jewish community on high alert.”

It is a sad fact of recent history – here, in the U.S., Europe and so many other places – that we have been witnessing increased incidents of anti-Semitism. From Jewish reporters receiving thousands of anti-Semitic tweets after writing critically about the president of the United States, to graffiti incidents last November in Ottawa, to recent Jewish cemetery desecrations in the U.S., to an imam at a mosque in Montreal referring to Jews as “human demons” and “the most evil of mankind,” the stories come in almost daily.

So, when someone seeks to instil fear in specifically Jewish communities, large and small, by making bomb threats, the acts are most certainly acts of anti-Semitism – even if the person making the threats is Jewish.

The revelation that the suspect in so many bomb threat hoaxes against Jewish institutions – against Jewish communities – is himself Jewish is very sad and very troubling. After the arrest, the Forward posted an article by Hinda Mandell, a professor in Rochester, New York, whose daughter attends a pre-school in the Rochester JCC that received two bomb threats (the Jewish cemetery in Rochester was also recently desecrated). <http://tinyurl.com/kwdhf68>

Mandell wrote that she was heartbroken that the suspect was Jewish. “From an emotional perspective, I feel like I’ve just been sucker punched ... My gut reaction upon reading the news alert about today’s arrest was straight out of Jewish central casting, a version of ‘What will the goyim think of us now?’”

Last issue, I said that an unintended consequence of the bomb threats and other anti-Semitic acts was that communities were coming together in solidarity. By the end of her article, Mandell reached the same conclusion.

“So what will the goyim think? They’ll think we’re all in this together. We are connected in unexpected ways that are both painful and powerful.”

Last issue (March 20), I wrote about the waves of bomb threats that have plagued Jewish institutions – mostly Jewish community centres, but also Jewish schools and offices of Jewish organizations – over the past three months. I wrote that the bomb threats, all of which turned out to be hoaxes, were “anti-Semitic in their intent.”

<http://tinyurl.com/muhrdp9>

Then, on March 23 – the day before this issue of the Ottawa Jewish Bulletin went to press – there was a shocking development in the case. Police in Israel – working in co-operation with law enforcement officials in several countries, including the United States and Canada – arrested a suspect they had determined was responsible for the

IDEAS AND IMPRESSIONS



JASON MOSCOVITZ

Hope is all we have left in the search for peace

His outpouring of emotion alerted me to the importance of what was unfolding. For a sheltered, pampered baby boomer, it was an awakening to understand that Jewish blood was on the line again, and that, as a Jew, the war in Israel was my war, too. I didn’t learn that in Hebrew school. I literally learned it on the street experiencing my friend’s tears.

In the normal and anticipated twinning of David-and-Goliath syndrome journalism and public opinion, Israel was seen by some in 1967 as the heroic David, whose courage was to be lauded, against the amassing Arab armies. Israel was at first cheered in some parts of the world. Israel appeared to be the victim and citizens of the world, then and now, almost always feel an instinctive human obligation to support the victimized.

The western media of the day told the stories and showed the moving pictures of the IDF first defending and then marching on to take the Sinai, Gaza, the West Bank, East Jerusalem and the Golan Heights. Full-page photos in Life Magazine showed Israeli soldiers praying at the Western Wall for the first time, and there were endless

photos of Egyptian tanks abandoned in the Sinai. Globally, Jews took pride in a shellacking of monumental proportions.

The Six-Day War seems like it was a lifetime ago. Since then, there have been so many other Israeli wars, skirmishes and terrorist attacks that those heady days of the 1960s serve as a glaring reminder that the military victory only brought Israel so far – because peace cannot be imposed, peace cannot be bought, and, despite the peace treaties with Egypt and Jordan, Israel and the Palestinians have so far proven unable to negotiate a peace agreement.

We know that, 50 years later, the David and Goliath roles are dramatically reversed, and Jewish communities around the world have to live with the consequences of Israel being one of the most vilified countries in the world. It is so hard to say that, and so hard to hear that, but it is today’s reality. The visceral backlash against Israel now touches Jews everywhere in the world.

Fifty years after the Six-Day War, the principles of the moribund and discredited peace process remain hopelessly

tangled in webs of historic ambiguity. Yasser Arafat talked peace, but, somehow, lost his tongue and conviction the moment he arrived home. Israeli governments supported a two-state solution, but, for decades, kept building settlements. Language, on both sides, was never clear and precise. Clear and precise language could always lead to true feelings and true intent.

Of interest and concern is how the 1967 war milestone in June will be marked in Israel and in the occupied territories. It will probably be just like 1967. The Israelis will celebrate a ‘great victory,’ while the Palestinians will wallow in the ongoing ‘disaster’ of defeat. For Jews outside Israel, it sadly means wondering how many more cemetery desecrations, or worse, might be triggered by an Israeli celebration.


I remember going to South Africa in the 1990s to report on a Commonwealth meeting just after Nelson Mandela became president. I was struck by black and white people sharing simple conversations. I looked at black and white policemen working together and recalled that not so long ago those white policemen were beating and killing those black guys.

I found myself hoping that, one day, Israelis and Palestinians, as a first step, would also put hate behind them.

Hope is all we have left.

Passover seders this year will be held as the 50th anniversary of the Six-Day War approaches. The stunning, lightning-speed victory of the Israel Defense Forces (IDF) in June 1967 made history. But, a half-century later, the only thing remaining clear is the decisiveness of the victory.

I was 16, in high school, and I remember when I realized an extraordinary moment in Jewish history was approaching. I was outside an older friend’s house and was bewildered about why he was red-faced and crying. He told me Israel was on the verge of war against the armies of six Arab countries, and he feared Israel was badly out-soldiered and out-gunned. He talked defeat and the end of the eternal Jewish dream.



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With joy in our hearts, Steven & Linda Kerzner are thrilled to announce the engagement of their daughter Jessica to Myles Kraut, son of the late Ike & Marlene Kraut z"l of Winnipeg. An October wedding is planned in Ottawa.



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Chag Pesach Sameach!

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COMMUNITY

Both Stephanie Shefrin's "Modern Mishpocha" and Sara Waisvisz's "Dispatches from the Diaspora" columns in the March 6 issue of the Ottawa Jewish Bulletin address a desire that is basic to most people: the search to find a sense of community.

Shefrin's insightful description of a recent Ottawa Jewish community event could well have described Ottawa in 1980 when my husband and I moved here. Why is it so difficult for a roomful of adults to interact with each other? Has everyone forgotten the basics – which Waisvisz describes in her encounters in Guinea? She portrays situations in which people recognize each other in the most natural way – with mutual respect and courtesy.

Is Jewish Ottawa more concerned with transactions rather than interactions, relating only to those who offer some promise of personal gain or mutual benefit? Is it more important that the person mirror you in every respect? And, if people don't seem to be able to fulfil those expectations again and again, are they dispensed with? This is a recipe for alienation.

It may be true that almost everything we need to know we learned in kindergarten. Healthy communities understand that diversity of thought and action play a necessary part in thriving, not just surviving. Acceptance (which is quite different from mere tolerance) leads to a stronger, more resilient society. If we do not recognize this amongst our fellow Jews, we will also fail in society as a whole.

Barbara Okun

LINDA SARSOUR

In her "My Israel" column ("Here is some good news for a change," March 20), Barbara Crook wrote about two Muslim Americans, Linda Sarsour and Tarek El-Messidi, who started a crowdfunding campaign to pay for repairs at vandalized Jewish cemeteries in the United States.

Sarsour is a vocal anti-Israel activist and pro-Palestinian. She is against the existence of the Jewish state of Israel. One of her infamous quotes is "Nothing is creepier than Zionism," and she is a proponent of the boycott, divestment and sanctions movement against Israel.

Sarsour, a key organizer of the 2017 Women's March on Washington, made the outrageous claim that one cannot be a Zionist and a feminist. Paradoxically, she's made dismissive remarks about the oppressive treatment of women in Saudi Arabia.

In 2011, Sarsour directed a vulgar and incredibly insensitive [and now deleted] tweet at pro-Israel activists Brigitte Gabriel and Ayaan Hirsi Ali, the latter of whom is a victim of female genital mutilation. Sarsour wrote, "Brigitte Gabriel = Ayaan Hirsi Ali. She's asking 4 an a\$\$ whippin'. I wish I could take their vaginas away – they don't deserve to be women."

If Sarsour cares about Jews, why would she align herself with convicted terrorist Rasmeh Odeh? Odeh served 10 years of a life sentence – she was released by Israel in a prisoner exchange – for planting bombs in Jerusalem in 1969 that killed two Hebrew University students and injured many others, and also planted bombs at the British Consulate. In April, Sarsour will be speaking on a panel with Odeh at a meeting of a well-known anti-Israel organization in the U.S.

There are many red flags with regards to Sarsour. We can only speculate about Sarsour's true motivation for her role in the Jewish cemetery fundraising. As far as I'm concerned, her lengthy and consistent pattern of promoting a hateful anti-Zionist agenda precludes her from being someone I'd consider a bridge builder or a friend of the Jews.

Gloria Schwartz

LETTERS WELCOME

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

Send your letters to.
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Happy Passover Chag Pesach Sameach

Pulpit: Rabbi Simes was a tzaddik

Continued from page 6

When Rabbi Simes came to the OJCS for the first time after his accident, his visit was a happy surprise for his students and the faculty. His words about his unshaken faith in God were memorable. He could only ask what God wanted him to do. And he did.

He spread the word of Torah to Jews locally and internationally. He and his beloved Shaindel and their nine children, Yibadlu Lechaim, represented all that is beautiful in Judaism.

The rabbis in Yoma also tell us that God saw that there was a limited number of tzaddikim and placed them strategically in different generations. Rabbi Yehuda Simes was one of them, and we were fortunate to know him, to learn from him, and to be inspired by him. *Yehi Zichro Baruch* (May his memory be a blessing).



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Meet our JNF Ottawa 2017 Negev Dinner Honouree Lawrence Greenspon

For over 35 years, Lawrence Greenspon has represented disadvantaged and diverse individuals and groups against governments, institutions, insurance companies and corporations. As a criminal defence lawyer, he has fought to protect the rights of people from all walks of life. It is no wonder that for the Dinner, Lawrence has chosen to raise funds for ALEH, an organization in Israel that cares for severely disabled children from its two facilities in Jerusalem and the Negev.

He has been honoured by the Advocates Society with the Award of Justice and by the Carleton County Law Association with the Gordon Henderson Award.

He is a graduate of the University of Ottawa Law School and a member of its Honour Society. He has taught at the law school, universities, conferences and continuing legal education programs.

In 1981, International Year of the Disabled Person, Lawrence Greenspon co-founded REACH, the Resource Education Advocacy Center for the Handicapped and was a Chair and Board member of the organization for over 10 years. REACH has over 100 lawyers in Ottawa who volunteer their legal services to individuals who are disabled.

Lawrence was on the board of the Snowsuit Fund for 25 years and is a past-chair. He initiated the establishment of the Snowsuit Foundation.

He has also chaired the United Way Community Services cabinet, CAYFO (Child and Youth Friendly Ottawa), the Multicultural Center and the Soloway Jewish Community Centre.

Fifteen years ago, he approached the Ottawa Dragon Boat Festival on behalf of the Friends in Sportfishing and CNIB and insisted that the festival have a charitable component. The Dragon Boat Festival paddlers have since raised millions of dollars for local charities.

He chaired the Prostate Cancer Fight Foundation, the funding side of the Motorcycle Ride for Dad during the time that the ride became a national ride in 27 cities across Canada. Lawrence brought the Ottawa Hospital and charities together to start the Annual Free PSA Testing Clinic.

Lawrence co-founded the highly successful Maharajah's Ball six years ago. The ball has helped to fund the city's defibrillator program, children's literacy programs, palliative care at the Bruyère Hospital and the Sens Foundation Rink of Dreams (ice hockey rinks in beacon neighbourhoods).

In 2011, Lawrence inspired and created the Nordic Pole Walk for Cancer Survivor Care to support the programs and services of the new MapleSoft Centre in Ottawa. Over four years, the walk raised half a million dollars.

In 2015, Lawrence and his wife Angela established the RiverGreen Foundation to support organizations that work with youth and mental health and the disabled.

He is currently the chair of the Montfort Hospital Campaign to raise \$2.5 million to establish the first cardiac CT scan in the region.

Stay tuned for more details!

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Passover Feature

With our freedom from slavery, what are Jews free to do?

BY RABBI RACHAEL BREGMAN

(Rabbis Without Borders via JTA) – At Passover, Jews all over the world gather to celebrate *zman cheirutenu* (the season of our freedom). We will read all about freedom from slavery. We drink four cups of wine to rejoice in the four freedoms given to our ancestors by God. We eat charoset, a mixture of fruits, nuts, juice or wine that represents the mortar used with the bricks we no longer have to place as slaves. Freedom from bondage, from Egypt, from Pharaoh.

The idea of being freed from slavery by God is a central tenet of Judaism. We say, remember God freed you from slavery and took you out of Egypt every Friday night in the blessing of the wine and throughout the Torah even when speaking about seemingly unrelated things.

But what, I wonder, upon finding freedom from slavery are we now free to do?

Primarily, we are free to serve God and not Pharaoh. Spiritually speaking, the seder gives us the opportunity to check in with ourselves to see if we have become enslaved to Pharaohs of modernity like power, money and ego. God didn't work so hard to bring us out of one Egypt just to replace it with another. The seder asks us, now that you have your freedom, what have you done with it?

If the Exodus is a story of a three-part journey – Egypt, the wilderness-desert, and Israel – serving God is the wilderness-desert, a stop on the way, the means to an end, but not the final place on the journey.

Author and psychologist David Arnow writes in *Creating Lively Passover Seders*: “Paradoxically, as we celebrate our liberation during Passover, we sharpen our awareness of the enslavement that reigns within and around us. At the moment we taste freedom, we remember the hungry ... From the heights of deliverance, we survey a shattered world crying out for healing.”

Arnow adds later: “What is the source of the staggeringly audacious conviction that the present, the status quo, cannot be the end of the road? That's where God comes in. God speaks in a small voice within each of us saying, ‘Never forget that yours is not a *normal* but a broken world, one that we can surely help fix.’ At the seder, that voice calls a little bit more audibly because with Passover we confront the reality of our freedom and we have used it, for good or ill.”

God did not bring us out of Egypt to serve God (Dayenu, it would have been enough). Rather, through our service to God we are meant to eternally bring freedom to others.



Rabbi Rachael Bregman is the spiritual leader of Temple Beth Tefilloh in Brunswick, Georgia.

Our service to God is our service to humanity. Our service to humanity is God's work in action.

So, when you sit down to your seder, I hope you ponder not just your freedom from slavery but relish also your freedom to free others. Happy Passover.



(councillor)

Jan Harder

Wishing You All a Happy
Passover Holiday

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Temple Israel to highlight members' talents

BY LOUISE RACHLIS
FOR TEMPLE ISRAEL

Temple Israel members of all ages have a lot of imagination and skill, and their creativity will be on display – and for sale – at “Temple’s Got Talent!” on Sunday, April 30, 9:30 am to 3 pm, at Temple Israel, 1301 Prince of Wales Drive.

“Both our older and younger Temple members are participating,” said Joyce Pagurek, who is organizing the event with Roz Tabachnick and Anne Alper. “Something unexpected is that we have had some examples where two generations in a family are participating, each showcasing his, or her, own work!”

The community is invited and admission is free of charge. The event is part of Temple Israel’s 50th Anniversary Celebration, which includes many different events throughout the year.

“Temple members have a great deal of talent, and many of us weren’t even aware of the scope of it,” said Pagurek. “We thought this anniversary year was a good opportunity for Temple members, family, friends and community to get to know about each other’s work in a relaxed, friendly atmosphere and enjoy the creativity among us.”

She said the plan for the day began as a display of works by Temple artists and



“Temple’s Got Talent!” participants will include potter Lisa Rosen (left) and her mother, artist Margo Rosen.

artisans, but soon expanded to also include authors’ readings, musical

performances, and a tea room. There will be photography, jewelry, pottery, mixed

media, sculpture, and fabric art on display, as well as some demonstrations.

Two writers of children’s stories, David Handelman and Sheila Baslaw, have been invited to read from their work to pupils of Temple Israel Religious School.

Author Max Sternthal will be launching two books he recently completed, *My Cousin Danny*, a gentle story of the Holocaust for children and young adults (see page 30 for an excerpt), and a memoir, *My Journey: Beyond St. Urbain Street*.

Other authors presenting and/or displaying their works will include Gabriella Goliger, Debbie Gorham, Renie Grosser, David Handelman, Tonya Pomerantz, Louise Rachlis, Allan Silburt and Anne Shmelzer.

Among the visual artists will be Jean Brody, Hyman Cooper, Susan Fisher, Cheryl Pagurek, Diane Parkin, Michael Parkin, Louise Rachlis, Margo Rosen, Patsy Royer and Roz Tabachnick.

Pottery will be on display from Susan Gold, Shaina Lipsey, and Joyce Pagurek, and fabric art from Ellen Asherman, Bonnie Cooper, Merle Haltrecht Matte, Jordana McIlhinney, Patsy Royer and Lisa Rosen.

For more information, contact Temple Israel 613-224-1802 or reception@templeisraelottawa.com.



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Michael Polowin steps down as chair of Camp B'nai Brith

BY PAMELA ROSENBERG
FOR CAMP B'NAI BRITH OF OTTAWA

Michael Polowin stepped down, February 27, after 11 years as chair of the board of Camp B'nai Brith of Ottawa (CBB).

Polowin saw the camp through its darkest time and was instrumental in bringing the summer hot spot back to its glory days.

CBB has been an important part of the Ottawa Jewish landscape for more than 70 years. But, for a period of time in the early-2000s, the camp was in serious financial trouble with an all-time low of only 175 kids enrolled in the first half of the summer.

After two years of trying to get on the board, and being refused, Polowin took matters into his own hands and started planning a reunion that would bring together alumni from a large age range and remind them what was so special about the camp.

Following the success of the reunion, and a pre-Facebook online message board that had close to 600 alumni chatting about the good old days and posting pictures, Polowin was invited to join the board and quickly got to work on the rescue.

"Recognizing that we are not a business, we became more business-like in how we ran the organization," said Polowin.

While CBB is an Ottawa camp, it has always relied on its Montreal contingency, a group the camp had been ignoring. They began marketing efforts to Montreal's Jewish community and brought on its first non-Ottawa board member from Montreal, followed by its first woman board member.

"When I got on the board, there were only me and one other alumnus" said Polowin. "We have put together a board of great people."

With Polowin at the helm, the board changed how the camp charged fees, worked with the Foundation for Jewish Camping to help restructure, changed the culture of the camp, and addressed the issue of the camp's aging



Michael Polowin, then-chair of the board of Camp B'nai Brith of Ottawa, enjoys a day at the camp with members of his family. (From left) Melanie, Jacob, Michael and Laya Polowin.

infrastructure.

In 2008, CBB brought back veteran camp director Jonathan Pivnick (a.k.a. Piv) which, said Polowin, gave the camp instant credibility with parents and alumni.

And now that he has accomplished what he set out to do, and the camp is bursting at the seams with 425 campers registered for the first four weeks, Polowin was ready to step down and hand over the reins to new Chair Adam Tanner.

Tanner spent 17 summers at CBB and has been an active member of the board since 2010. He said he welcomes the challenge and feels a huge sense of pride following in his father Stephen's footsteps, who also served as CBB chair.

"As a board, our accomplishments over the past decade have been incredible. Although an uphill battle since 2006-2007, our success can be linked to Michael's consummate leadership and the professionalization of our volunteer board," said Tanner.

"Michael was able to 'right the ship.' Our financial books are now in order,

enrolment continues to grow, and we've started to transform our facility for the next generation. Michael's involvement

has been paramount at every turn; his passion and dedication are truly immeasurable."

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‘Colliding Dreams’: Probing film on Zionism to be screened in Ottawa, May 7

BY GABRIELLA GOLIGER
CANADIAN FRIENDS OF PEACE NOW

The story of Zionism has been told many times, usually from the perspective of either its fans or its foes. “Colliding Dreams,” a new feature-length documentary film, reaches for a more nuanced exploration of the subject through a long-range look at Zionism’s evolution and the presentation of many points of view.

Using fascinating historical film footage and interviews with a broad range of Israelis and Palestinians, “Colliding Dreams” delves into the complexities of Israel’s creation and its future. As the title suggests, the film brings to the fore the collision between Jewish ambitions and Palestinian realities, but also between different conceptions of Zionism. We hear from such prominent individuals as historian Benny Morris, novelist A.B. Yehoshua, philosopher Avishai Margalit, Palestinian scholar Sari Nusseibah, PLO member Hanan Ashrawi, and right-wing politician Geula Cohen – and also from ordinary people on all sides of the issues.

The ambitious documentary is a collaborative effort of award-winning filmmakers Joseph Dorman and Oren Rudavsky. Both have made groundbreaking films on Jewish subjects. Dorman’s films include “Sholem Aleichem: Laughing in the Darkness” and “Arguing the World,” a documentary about four Jewish intellectuals from New York City, while Rudavsky’s films include “A Life Apart,” a documentary for PBS on Chasidic Judaism in America, and “Hiding and Seeking: Faith and Tolerance After the Holocaust.”

“At once compassionate and rueful, ‘Colliding Dreams’ is recommended viewing for open minds, and essential viewing for those that remain snapped shut,” wrote Ella Taylor in Variety.

In an interview with Jewish Currents, Dorman spoke about why he and Rudavsky made the film.

“We undertook the film because of a paradox that exists regarding Zionism and Israel today. On the one hand, Israel – Zionism’s creation – is a remarkable success story. Culturally, in high-tech, it is blossoming as never before. On the other



Acclaimed documentary film directors Joseph Dorman (left) and Oren Rudavsky have collaborated on “Colliding Dreams,” a new film about the evolution of Zionism.

hand, Israel’s legitimacy has never been questioned so strongly or so widely. As supporters of a Jewish state, we felt it was time for a re-examination of the history of Zionism, of the idea behind a Jewish state, and its importance – a history that would look beyond the present political controversies to why Zionism and Israel are important. We also wanted to include a Palestinian viewpoint in our film. And we did not want to shirk from looking at Zionism’s flaws.”

“Colliding Dreams” will be screened in Ottawa on Sunday, May 7, 3:30 pm, at St. Paul University Auditorium, 223 Main Street. The event sponsors are Canadian Friends of Peace Now and JSpaceCanada. Advance tickets are \$15 (general admission) and \$10 (students), and they may be purchased at <https://collidingdreams2017.eventbrite.ca>. Tickets at the door will be \$20.

For more information: 613-222-3838 or goliger@rogers.com.

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From the boards and staff of the
Jewish Federation of Ottawa and Ottawa Jewish Community Foundation



PURIM IN OTTAWA |

More Purim photos on pages 14 and 15



Ottawa Modern Jewish School: Ottawa Modern Jewish School celebrates Purim with some song and dance led by Joni Feldman (playing guitar) and Erin Engelhardt.



Sephardi Association of Ottawa: Rabbi Yair Mordechai Tanger reads the Megillah and makes noise with a grogger at the Sephardi Association of Ottawa Purim Party and Casino Night at Shikun Oz.



Machzikei Hadas: Two Queen Esthers and a Ninja Turtle celebrate at the Congregation Machzikei Hadas Purim party.



KBI Kids: Kehillat Beth Israel's USYers in costumes at the KBI Kids Purim Party.



Temple Israel: Children and adults in costume gather for a group photo at the Temple Israel Purim party.

PURIM IN OTTAWA |

More Purim photos on pages 13 and 15



Jewish Education through Torah: JET volunteers assemble Mishloach Manot packages, March 5 at Torah Day School of Ottawa, to be delivered on Purim.



Ottawa Torah Centre: "Purim in New York" was the theme at the Ottawa Torah Centre Purim party.



Kehillat Beth Israel: (From left) Rabbis Deborah Zuker and Eytan Kenter and Cantor Daniel Benlolo celebrate at Kehillat Beth Israel's '70s-themed Purim party.



*The Executive & Board of Directors
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PURIM IN OTTAWA |

More Purim photos on pages 13 and 14



Soloway JCC: Teens in costume gather in the SJCC during the Purim carnival.



Chabad Student Network: "Purim in the '60s" was the theme as university students gathered at the Sandy Hill Community Centre for the Rohr Chabad Student Network of Ottawa Purim party. (Standing, from left) Eyal Podolsky, Adam Baruchel, Johnny Abenaim and Charlie Moatti with Rabbi Chaim Boyarsky.



KBI young families: Young Families make hamantaschen at Kehillat Beth Israel's annual hamantaschen-baking party.

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The candidate will work with the editor, and the business manager, creating a team of three. With such a small group, the candidate must be multi-skilled and willing to wear many hats. In sum, the skill-set required is that of a well-rounded journalist, but with an emphasis on pagination and design.

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- Copy editing skills – Knowledge of Canadian Press Style, excellent grammar, competent and clear headline and cutline writing skills, with a strong attention to detail.
- Competent reporting skills with writing samples that show clear and compelling writing.

Experience and education

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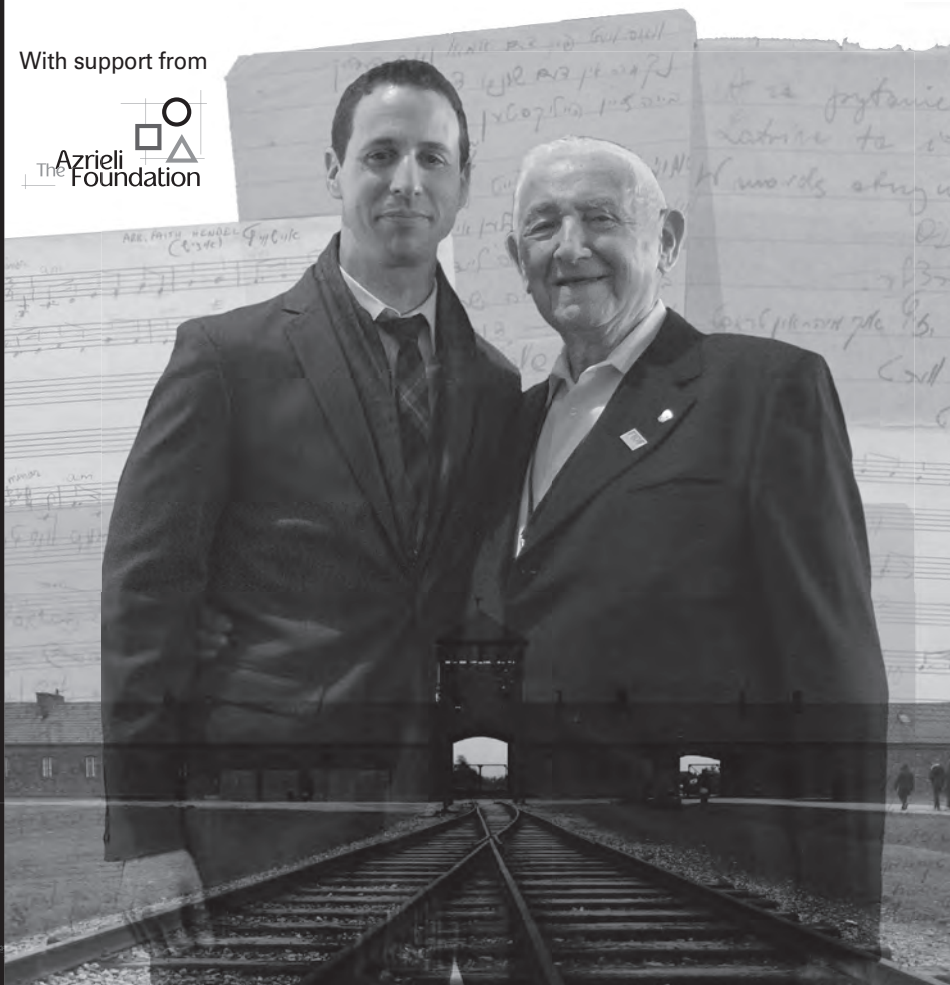
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Cantor David Wisnia is both a survivor and a liberator. He survived Auschwitz by singing to entertain the Nazi SS. He was rescued and then fought with the 506th Parachute Infantry and engaged actively in combat during the closing days of the war. In 2015, his grandson Avi, an award-winning singer songwriter travelled with David to Poland to mark the 70th anniversary of the Liberation of Auschwitz and David sang again, accompanied by his grandson. On April 23, they will remember the Holocaust through story and song.



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Passover Feature

For kids with reading disabilities, the seder could be a recipe for anxiety

How to prevent uncomfortable situations during the seder when your child has dyslexia or another reading disability.

BY YAEL KLEIN

There's a lot of reading involved in a Passover seder, and that can be exhausting for the average child. For the child with reading disabilities, it can also be anxiety-provoking.

"It's a tricky situation," said Rinat R. Green, founder and executive director of Kol Koreh, an organization that helps children with dyslexia in Israel. (Note: dyslexia is more common than you might think. As one of the most under-diagnosed learning disabilities, it affects one in five children.) "Sometimes you can't prevent certain things from happening, but you can certainly try to anticipate what the issues might be and plan accordingly."

For example, if your family is invited to another family's home for a seder and you're nervous that your child will be asked to read aloud (a situation that, Green explains, can cause a tremendous amount of shame for some dyslexic children), talk to the host beforehand to discuss the situation.

"Call a few days before to find out how they normally run the seder. Does the head of the household read through the entire Haggadah? Does everyone take turns? Do they ask for volunteers? If they usually read in a round-robin style, you can politely ask if they would consider not running the seder that way, or, if they do, would they not ask your dyslexic child to read aloud. It's up to you how much you want to share," she said.

"It also depends on who the host family is. If they're grandparents or close family, it might be easier to request that your child not be asked to read aloud. They probably already know your family situation, so ask if they wouldn't mind doing the seder differently this year, or just skipping over your child's turn."

Also, Green reminds parents, remember to ask yourself: Which way would your child feel less upset or embarrassed – if he's singled out to read aloud and has a hard time pronouncing the words, or if they simply skip over him in the round

robin?

By the way, she adds, if your dyslexic child wants to read aloud, and you anticipate that he or she may have difficulty, let him or her read anyway.

"If the other kids start fidgeting or correcting him or her, don't worry. Dyslexic kids are used to other people getting antsy while they're reading. If your child has enough confidence and doesn't care about others' reactions, then kol hakavod!

Also, keep in mind that going through the Haggadah in the way that your parents, or grandparents, used to do it doesn't mean it's right for your family.

"Some people have the custom of the youngest child reading "Mah Nishtana" aloud. But this is just a custom. If it means your dyslexic child becomes embarrassed at his or her substandard reading level, don't do it. It's not our right to hurt our kids, even if it comes at the expense of a Passover tradition."

The key is to have your child walk away from the seder in a positive spirit.

"You need to do whatever you can to ensure that your child is happy and enjoying the time. That should be the overall emphasis," said Green.

And regarding the mitzvah of sharing the story of the Exodus from Egypt with one's children, Green refers to the Four Sons of the Haggadah.

"Notice how each son is different – one wise, one wicked, one simple, and one who does not even know how to ask questions – and we are told, by the Haggadah, to teach them about the story of Passover in four very distinct ways, each according to their style of learning and personality. In the same vein, we need to remember that it's our obligation to teach our children in the way that they'll learn best.

"On Passover, that means inculcating the message of the Exodus through whatever way they'll absorb it – whether it's by storytelling, reading, visual pictures, toys, sounds, etc. That should be the goal, not just for Passover, but all year round."

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Passover Feature

Ten tips for a less stressful Passover

BY DUBY LITVIN

(My Jewish Learning via JTA) – Passover requires a great deal of preparation, especially if you are making your home kosher for Passover.

These 10 tips will help you organize and prioritize, so you can enjoy the holiday.

1. Don't wing it, plan it. Planning is imperative. Think of your house as your corporation and you are its CEO. You are in charge. Just like a big company would plan out its functions, you also want to work on "Project Passover." When you have a plan in place, things will go much smoother.

2. Delegate to your team, including children. As CEO, it is your job to delegate and supervise all the tasks. The more you delegate, the better off you will be. If you can afford it, hire a cleaning person to help. Have your spouse or a teenage son or daughter take care of the shopping. Even if you think the job is small and easy, the less on your plate the better.

The best thing with children under six is to have someone else take them out of the house, so you can clean without them underfoot. Older children can handle small jobs, such as wiping down toys and surfaces. In the kitchen, these little

helpers can do peeling, juicing, cracking nuts or other introductory jobs. Know what your child can or can't handle and let him or her feel important.

3. Passover cleaning vs. spring cleaning. Imagine sitting down to a beautiful Passover seder – the house is sparkling clean, the chandeliers are glistening, the windows are sparkling – and you're falling asleep. While it's lovely to have them sparkle and shine, chandeliers and windows are not imperative to making your home kosher for Passover. Passover cleaning is any place that there's a very good chance that food was brought in. If you know there was no food brought there, then it doesn't have to be cleaned. Even food that's been stuck on the wall, if it's more dirt than food, it doesn't have to be scrubbed. For something to be considered chametz, it needs to be edible and accessible.

4. Poor man's bread or bread that makes us poor. For those buying only foods certified kosher for Passover, the holiday can be very expensive. But you don't have to make matzo or other processed foods mainstays of your meals. Instead, focus on in-season fruits and vegetables. Before heading to the super-
See Lists on page 19



LAMBERT/GETTY IMAGES

For Passover, Jews celebrate the Exodus of the enslaved Israelites from Egypt to freedom by scouring the house of every speck of leavened food. Good times!



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'Lists will save your life'

Continued from page 18

market, create a menu and shopping list, then stick to it.

5. Don't buy an entire kitchen your first year. If you are making your house strictly kosher for Passover, you will need to pack away your year-round dishes and cookware and replace them with Passover ones. However, you can build up your Passover collection gradually. Start with just the few crucial items the first year and each year buy a few more things.

6. Your best friend is your list. From a cleaning to-do list to detailed shopping lists, from last-minute reminders to menus, lists will save your life. Don't let the mental to-do list overwhelm you – get it all down on paper and rest assured nothing will be forgotten. Keep everything in one place (or on your smartphone).

7. Passover doesn't have to be Pinterest worthy. While many people believe everything has to be picture-perfect, simplifying can make your life much easier. Plan a new and fancy dish here and there if it gives you pleasure, but don't feel like you must. Where possible, cook things in advance and freeze them.

8. Leave the bitterness to the maror. The last thing you want is to have a chip on your shoulder when it comes to holiday traditions. If you do feel resentful about the amount of work that goes into

holiday preparations, then something needs to change ASAP. Try to shift your thinking from "yet another thing I have to do" to a place of "we have an opportunity here." Focus on what's most important about Passover: the seders, time with family and loved ones.

9. Have fun and create new traditions. My mother-in-law makes a special orange soup for Passover, and all her grown children now make it as well, because it's a beloved tradition. You may think, who cares, it's just soup ... or it's just the annual Passover week trip to the park. But these are exactly the things that make Passover special. Here are some ideas to make holiday prep more fun: putting music on when cleaning, giving out prizes (to yourself as well as others) for accomplishing specific tasks, special new toys for the holiday, create photo contests with friends or family members of "funniest items found while cleaning for Passover."

10. When all is said and done, get it in writing! Passover is over, and the last thing you want to do is look at one more list, let alone go through it. But hang in there and jot down what worked, what didn't, if you bought too much matzo or not enough. Write down that new trick you came up with to help the kids enjoy the seder. You will thank yourself next year.



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URGENT NOTICE

Jewish Memorial Gardens is embarking on an ambitious project, which requires your assistance.

We wish to mark our graves with flags to commemorate the following days:



Holocaust survivors on Holocaust Memorial Day



Veterans of the IDF on Yom Hazikaron



Veterans of the Allied Forces on Remembrance Day

We are preparing lists of people who fall into these categories, and require your assistance identifying these people.

Please contact jgsottawa@gmail.com if you know of someone in our cemeteries who should be included.


Those whom we are notified about by Friday, April 14th, 2017 will be honoured this year.

These lists will continue to be updated as we are informed.

As this will be a large undertaking, we apologize if we miss anyone in the first year.



בס"ד



Kashering for Passover

Ottawa Vaad HaKashrut will be offering free kashering service

Tuesday, April 4

6:45 - 7:45 pm

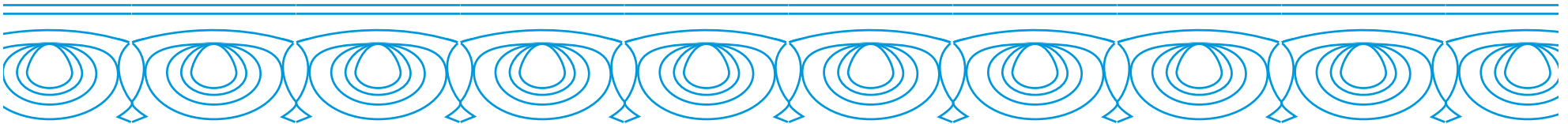
Bring metal pots and cutlery to be kashered. They must be clean and unused for 24 hours.

Please meet at 6:30 in the Hillel Lodge lobby.

Be sure to check our full listing of things that can be kashered by visiting www.jewishottawa.com/kashering or by calling Rabbi Teitlebaum at the Ottawa Vaad HaKashrut at 613-255-5829.



CFHU hockey: Canadian Friends of Hebrew University (CFHU) held its first Hockey Madness on Ice game on March 19 at the Barbara Ann Scott Arena in Ottawa. The game introduced the Hebrew University Alumni Association to Ottawa. Hockey players, including Hebrew University alumni, played a fun game of hockey wearing CFHU Madness Jerseys. Proceeds from the initiative support scholarships at Hebrew University. After the game, the ice was open for family skate time and members of the community enjoyed Israeli snacks and fun music. For more information on CFHU activities visit www.cfhu.org or contact Daniel Tor at dtor@cfhu.org.



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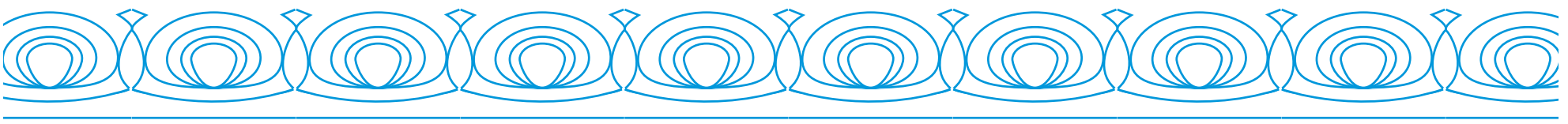
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Passover Feature

Ten easy tips to avoid a boring seder

BY RABBI REBECCA ROSENTHAL
(Kveller via JTA) – If your Passover seder is anything like mine, it can resemble the world's most difficult classroom: different ages, ranging from three to 93, and varying levels of interest. Some want to read and discuss every word in the Haggadah, some just want to get to the food – and everything in between.

Designing a seder that can work for everyone can feel like a challenge for even the most seasoned educator, let alone a busy parent.

But there is magic in the seder. Having loved ones around a table together can feel like a luxury in this day and age, so here are some tips for making the most of the festive meal. I hope these ideas will inspire you to be creative in a way that feels authentic to your seder.

The seder's purpose is to get people to ask questions, so the more you break the mould of the way you have always done it, the more likely you and your guests will be able to access the true meaning of the holiday.

Here are 10 tips to perk up your seder this year.

1. Put out some food earlier. Food is always important in Jewish events and never more so than in the seder. It can feel like a long time until you get to dinner, but after karpas (the green vegetable that comes right at the beginning), you can serve appetizers.

Veggies and dip or fruit are good healthy options, but my family also puts out candy, which keeps the kids busy for a little while. If you want to be thematic, there is fair-trade, slavery-free chocolate that is kosher for Passover.

2. Play with your food. Along the same theme, there are fun ways you can incorporate food into the heart of the seder. One friend of ours attaches the parsley to mini fishing rods and uses

them to dip the parsley in the salt water. Another friend chops up lots of fruits and nuts (and even some chocolate) and allows the guests to make their own charoset, as long as it resembles the mortar.

When it comes time to remember the plague of hail, I have heard of families throwing mini-marshmallows at one another. Finally, there is a Persian custom of lightly (or not so lightly) slapping your neighbour with scallions during the song "Dayenu" as a reminder of slavery.

3. Use the table. Put something interesting on the table, either in the middle or at each individual plate.

We have used different kinds of frogs, puppets and masks. Perhaps it will inspire a guest to ask a question about Passover, the story or the traditions of your family.

At the very least, it will entertain those at the table when they need a break.

4. Don't be a slave to the Haggadah. The Haggadah is meant as a guide, and you don't have to read every word to fulfil your obligation to tell the story.

Get many different Haggadahs and look for readings and retellings that speak to you and share those at the seder.

Or get the kids to write a play about the Passover story and perform it.

Or ask your guests to bring something that represents freedom and tell the story of why.

As long as your guests are engaged in the story of slavery to freedom, you have done your job.

5. Move around. This is the story of a wandering people. If you have the space, then wander!

Do one piece of the seder in the living room, one in the dining room, or even go outside if the weather is nice.

Turn a few bed sheets into the sea and **See Tips on page 22**

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Question period to follow," 10 am. Everyone welcome.

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Tips: 'Find a balance between preparing and obsessing'

Continued from page 6

walk through it on your way to the Promised Land. Give your guests a chance to be in the story, not just talk about it.

6. Assign homework. People always do better if they are prepared, so ask your guests to participate in the seder.

Send a question in advance, ask them to bring something or even make

decorations for the seder table.

Guests, bring a reading or an object that speaks to you. I guarantee your host will appreciate not having to carry the weight of the entire evening.

7. Give everyone a job. Before the seder, make a list of everything that has to be done during the evening, from pouring the wine to serving the soup to clearing the table. Then, assign away.

Your guests will be happy to help, and you will be happier if you come out of the seder not feeling enslaved.

8. Sing. There are tons of songs for kids and adults alike for Passover. Use Google to find songs that you like and teach them at your seder.

Providing song sheets helps everyone sing along.

9. Make something. When I was about 10 years old, I spent hours creating a chart that outlined the order of the seder. I made a small arrow that could be used to show where we were in the progression of the evening, and, since then, it has been used every year.

My mother still brings out Elijah's cups that my sisters and I made in Hebrew school, and my kids proudly show off their seder plates, kiddush cups

and matzo covers.

If your kids don't make them in school or Hebrew school, these are easy crafts to make at home.

10. Let loose. The point of the seder is to engage people in the questions, both ancient and contemporary, of slavery and freedom. The way you do that is up to you.

Try to find a balance between preparing for the seder and obsessing about every detail. And, if your kids run screaming circles around the table while everyone else is trying to talk, as mine have done on more than one occasion, those are memories, too. Don't beat yourself up about it.

Rabbi Rebecca Rosenthal is director of youth and family education at Central Synagogue in New York City.



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A family re-enacts the oppression that Jewish slaves felt as part of their Passover seder.

BARBARA DAVIDSON/LOS ANGELES TIMES VIA GETTY IMAGES



Wishing the Jewish Community a very Happy Passover

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Breaking news updated daily at www.ottawajewishbulletin.com

Temple Israel to host seminar on building a gender inclusive community

BY DAR BLUE
FOR TEMPLE ISRAEL

Television shows like “Transparent,” “Orange is the New Black” and “Sense8” are making transgender people and their issues more apparent to the wider world. As a result, many people have become curious and have questions.

Two years ago, at a Jewish book club, I reviewed a book whose main character was intersex and was taken aback by the number of questions on anything to do with gender. As the sole LGBTQ member of the club, I chose to answer the questions as best I could. I cannot over emphasize the interest this topic generated – I was deeply moved and excited by the interest.

I recently came out as transgender and was asked by Rabbi Robert Morais of Temple Israel to present a talk on transgender issues.

Feeling this was too overwhelming for

a newly transitioning person, I attended a seminar presented by Anne Lowthian, a teacher and an advocate for gender education. In her one-hour presentation, she shared her family’s story, current research, best practices, and what she and her partner learned from their young daughter, Charlie, during their family’s ongoing journey in understanding gender identity and expression.

I was very impressed by her presentation, her manner and openness in answering questions. Charlie, 10, was present to answer questions about her political advocacy work particularly with Bill C-16, an Act to Protect Gender Identity and Expression in Canada, which was put forward in Parliament in May 2016.

I asked Anne and Charlie to present their Gender Inclusive Community seminar to the Jewish community, and they said they would be honoured to do so. To add a Jewish perspective to the



Anne Lowthian and daughter Charlie Lowthian-Rickert will present their Gender Inclusive Community seminar at Temple Israel, May 7.

seminar, Rabbi Steven Garten, rabbi emeritus of Temple Israel, will speak on Jewish aspects of being transgender and what that means in today’s Jewish world.

We all have questions and this will be a

safe place for those questions. Everyone in the community is invited to attend and to participate on Sunday, May 7, 10 am, at Temple Israel in an open and welcoming morning of learning.



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~ Hana Engel

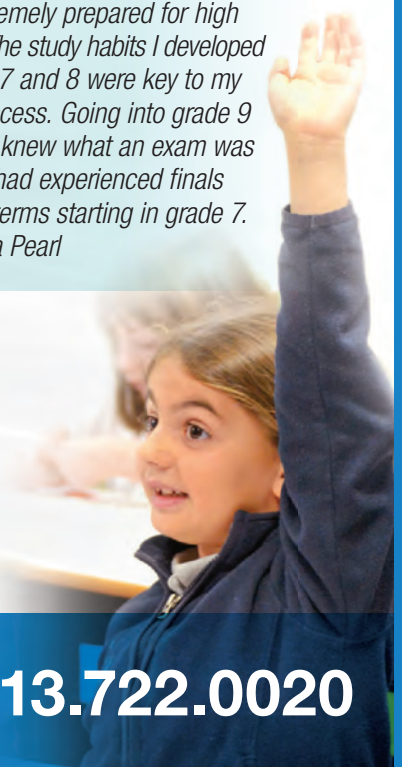
When I came out of OJCS I felt extremely prepared for high school. The study habits I developed in grade 7 and 8 were key to my early success. Going into grade 9 I already knew what an exam was like as I had experienced finals and midterms starting in grade 7.
~ Allegra Pearl

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Holocaust survivor and liberator and grandson to speak – and perform – at Yom HaShoah presentation, April 23

Cantor David Wisnia escaped Nazi captivity during the Holocaust and joined the American Army. He will tell his story and be joined by his grandson, pianist **Avi Wisnia**, for a musical performance at Ottawa’s Yom HaShoah commemoration on April 23.

Louise Rachlis reports.

As a teenager, Cantor David S. Wisnia was able to stay alive in Auschwitz by singing to entertain the Nazi SS and cell block leaders.

Transferred to Dachau in December 1944, he managed to escape and join the 506th Parachute Infantry of the United States Army’s 101st Airborne Division. He engaged actively in combat during the closing days of the war, becoming both a Holocaust survivor and a liberator – “and an interpreter as well,” added the native of Warsaw, Poland, who is fluent in six languages.

Cantor Wisnia, and his grandson, Avi Wisnia, a composer and singer himself, will present “From Generation to Generation: Remembering the Holocaust through Story and Song,” at Ottawa’s Yom HaShoah commemoration on Sunday, April 23, 7 pm, at the Soloway Jewish Community Centre, 21 Nadolny Sachs Private.

Admission is free of charge (photo ID is required to enter the building). The event is organized by the Shoah Committee of the Jewish Federation of Ottawa.

“Ninety per cent of Polish Jews eked out a living, but my father was a carpenter and he employed other people in his shop,” Cantor Wisnia told the Ottawa Jewish Bulletin in a telephone interview. “I went to a private school that cost a lot of money. Everything I learned was in Polish and Hebrew in grade school.”

Then, with his excellent ear for languages, he learned French and German as well.

He said that when his American rescuer stepped out of his tank, he didn’t recognize the southern accent and thought he was Russian. “English became my language because the boys didn’t speak anything else.”

Cantor Wisnia sings the national anthem every year at the gathering of the 101st Airborne Division in Tampa, Florida and is introduced as “Our Little Davey.”

“The majority of the boys fighting then were six years older than I was, so there are only a few left, and I’m the baby,” he said.

While it will be special for the Ottawa

See Yom HaShoah on page 26



Cantor David Wisnia (right) and his grandson, pianist Avi Wisnia, at the entrance to Birkenau.

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Yom HaShoah: Cantor Wisnia and grandson performed at Auschwitz on 70th anniversary of camp's liberation

Continued from page 25

audience to hear Cantor Wisnia and his grandson sing together, "it's pretty normal for us now," said Avi, 34. "Our performing together started when I went to college to pursue a degree in music, and my grandfather continued to perform at weddings and bar mitzvahs and to take me along as his accompanist.

"When he was invited to perform at the commemoration of the 70th anniversary of the liberation of Auschwitz in 2015, he brought me along and we led services together in Poland. Since returning from that trip, we've been performing more and talking about that experience."

The Ottawa program will include the cantor speaking about his experiences during the Holocaust and the two will perform together with Avi at the piano accompanying his grandfather.

Among the songs to be performed is "Oswiecim (Auschwitz)," a song Cantor Wisnia wrote in Polish while in Auschwitz. That song and one that Cantor Wisnia wrote in Yiddish, "Dos Vaise Haizele (The Little White House in the Woods)," are now on display at the United States Holocaust Memorial Museum in Washington.

For many years, Cantor Wisnia didn't talk about his experiences during the Holocaust.

"My kids never knew. They thought I was a veteran of the war and came home, because my English is quite good," he said.

He married in 1948, and he and his wife Hope, a psychologist, had four children and six grandchildren.

He served as cantor of Temple Shalom in Levittown, Pennsylvania for 28 years, and recently retired after 23 years as cantor at Har Sinai Hebrew Congregation in Trenton, New Jersey. He continues to be an active vocalist, educator, and congregational community leader.

Cantor Wisnia still sings at High Holy Days services in Jackson, New Jersey for more than 1,000 people. Avi describes his



Cantor David Wisnia (left) and his grandson, pianist Avi Wisnia, at Auschwitz.

grandfather as "90 years young."

Avi says his own music is inspired by Brazilian bossa nova, American folk, 1950s West Coast jazz, and contemporary pop. His latest single, "Sky Blue Sky," was recorded via satellite between Philadelphia and Brazil, winning recognition from the Philadelphia Songwriters Project and Mid-Atlantic Song Contest.

"I actually met a girl from Ipanema," he said, "and it spoke to me for some reason. I started writing music on my own, and then I ended up meeting Brazilian musicians and learned Portuguese. It has really stuck with me."

"What a pianist!" Cantor Wisnia says of his grandson. "He's a graduate of NYU music school. Ottawa is in for quite a treat."

"I feel very fortunate not only to be able to travel with my grandfather, but to know his story better," said Avi. "Until recently, it wasn't something he talked about. He never talked about it with his children. I feel very fortunate to experience that, and that he is able and willing to share it with the rest of the world so that they can hear what happened. As Primo Levi said, 'It happened and so it can happen again.' These stories of the

Holocaust open people's eyes to the ways in which other people are scapegoated and victimized. It makes us more human. It's an honour for me to be part of that."

For more information about Cantor Wisnia or his memoir, *One Voice, Two Lives: From Auschwitz Prisoner to 101st Airborne Trooper*, visit www.onevoicetwolives.com.

For more information about Avi Wisnia or his music, visit www.aviwisnia.com.

For more information about the Yom HaShoah commemoration, email Elana Moscoe at emoscoe@jewishottawa.com or call 613-798-4644.

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Passover Kid Lit

New kids’ books for Passover, from seder guides to stories

BY PENNY SCHWARTZ

JTA

From the wizardry of Harry Potter that echoes with Passover’s themes to a cartoon frog who wisecracks his way through the seder, this year’s new crop of Passover books for kids offers something for all ages and interests.

The selection of fresh reads, including two family-friendly Haggadahs, also includes an unusual Jewish immigrant tale set in rural Argentina and a heartwarming, intergenerational story about an aging grandfather and his devoted granddaughter.

Choose one – or several – to educate and engage the young readers in your family for this Passover, the eight-day festival of freedom that begins with the first seder on the evening of April 10.

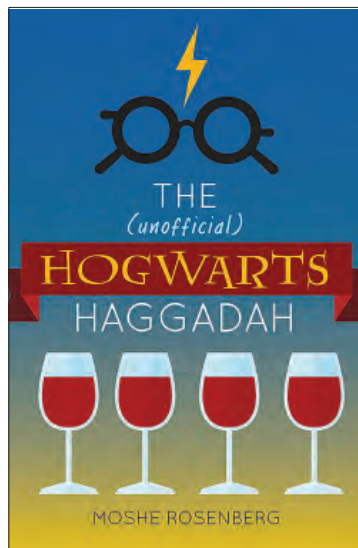
The (unofficial) Hogwarts Haggadah
By Moshe Rosenberg
Designed by Aviva Shur BSD

All ages
148 pages

Fans of Harry Potter will be in Hogwarts heaven this Passover. Moshe Rosenberg’s Haggadah draws on the parallels between the wizardry of the best-selling “Harry Potter” books and the seder guide.

“From the concepts of slavery and freedom, to the focus on education, to the number four, Harry Potter and Passover share almost everything,” Rosenberg writes in the introduction.

This is the second Jewish Harry Potter-themed book by Rosenberg, a rabbi and Judaic studies educator in New York. (The first was *Morality for Muggles: Ethics in the Bible and the World of Harry Potter*.) Traditionalists, take note: Rosenberg assures readers that every word of traditional Haggadah text, in Hebrew and in English translation, is included. Interspersed throughout is commentary, via the lens of J.K. Rowling’s characters, that takes on questions of freedom, evil and the Four Children. There’s even a Harry Potter-themed version of the popular seder song “Had Gadya.”



The Family (and Frog!) Haggadah

By Rabbi Ron Isaacs and Karen Rostoker-Gruber

Illustrations by Jackie Urbanovic

Behrman House

All ages

56 Pages

A wisecracking frog takes centre stage in this kid-friendly Haggadah that is a complete guide to a fun-filled, informative, abbreviated seder that’s designed to be 30 minutes to an hour. The lively Haggadah, filled with photographs and illustrations, begins with a seder checklist and candle-lighting prayers and guides families through the mainstays of the seder, from the Passover story, to the Ten Plagues to welcoming Elijah the Prophet. Songs go from the traditional favourite “Dayenu” to “Take Me Out to the Seder.” An entertaining cartoon frog appears throughout with jokes and funny comments (“Hold on! I brought my hopmonical!”) which are sure to bring giggles and keep kids engaged.

Passover Scavenger Hunt

By Shanna Silva

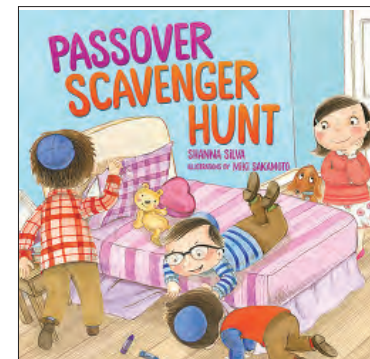
Illustrated by Miki Sakamoto

Kar-Ben

Ages 4-8

24 pages

Every year at the seder, Rachel’s Uncle Harry hides the afikoman. The kids have fun hunting for the special piece of matzo and get a prize for finding it. But there’s one problem: Uncle Harry always makes it too easy! In Shanna Silva’s lively story, Rachel takes over the job. She grabs her markers, scissors and a big piece of cardboard and creates a clever scavenger hunt with six rhyming clues to stump her cousins. Each clue reveals something related to the seder, from the charoset to the shank bone. In the end, the kids are left with a puzzle to solve that will lead them to Rachel’s perfect afikoman hiding place. Miki Sakamoto’s illustrations are bright and colourful and capture the fun as kids move picture frames, race around the house and crawl around closets looking for clues.



See Kid Lit on page 31

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Illustration by Lior Zaltzman

Passover Feature

Why Passover is about a lot more than good food

BY RABBI JOSHUA RATNER

(My Jewish Learning via JTA) – What is the essence of Passover?

On the one hand, it seems obvious: Passover is about gathering together with loved ones to recall, through sumptuous home rituals, the Exodus from Egypt. We gather round our seder tables and quickly become engulfed in the warmth of family and friends, the culinary delights of a delicious meal, and the comforting, vaguely familiar words and songs we recite year after year.

Passover is, indeed, a beautiful opportunity for rejoicing and celebrating. But it also can be much, much more.

Looking closely at the Passover Haggadah, we can see that the rabbis who crafted the seder did not choose to make Passover a holiday solely focused on celebrating the past. Like Chanukah, Passover could have been a day to recall passively our independence from an oppressive regime as a historical remembrance; to commemorate the past and salute leaders like the Maccabees.

Instead, Moses (as leader of the Israelites in their Exodus from Egypt and sojourn in the desert) is largely shut out of the Haggadah – he appears but once. While remembrance of the Exodus – from the enslavement of the Israelites to the 10 plagues to the crossing of the Red Sea – forms a major portion of the content of the Maggid (retelling)

section of the Haggadah, that remembrance is but a means to a larger end.

The end of the Maggid section reveals why. It says: “In each and every generation people must regard themselves as though they personally left Egypt, as it says, ‘Tell your child on that vesry day: This is what God did for me when I left Egypt.’”

“The Holy One of Blessing did not redeem only our ancestors, but God even redeemed us with them, as it says, ‘God brought us out of there in order to bring us to and gave us the land that God swore to our ancestors.’”

The seder specifically, and Passover more broadly, is about remembering God’s deliverance of the Israelites not as a one-time, historical event, but as something that is perpetually happening in the present. Redemption from slavery to freedom is intended to be an experience that we, too, can and should have during our seders. But why?

Rabbi Joshua Ratner is director of the Jewish Community Relations Council of New Haven, Connecticut.

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See full job details on page 15

My Cousin Danny – an excerpt

“My Cousin Danny” by Ottawa Holocaust educator **Max Sternthal**, is the story of a Jewish boy who survived the Holocaust thanks to a Christian family who hid him during the Second World War. In this excerpt, Danny proves his Jewish identity by reciting the beginning of the “Four Questions” asked by the youngest child at the Passover seder. Max is donating copies of the full-length version of “My Cousin Danny” to the Greenberg Families Library at the Soloway Jewish Community Centre and to each of Ottawa’s Jewish day schools and supplementary schools.

June 1946 – one year after the end of the war, Danny, age 12, tells his cousin what happened after the four years he was hidden on a farm in Germany.

“I remember walking along the streets leading to my home. I took a deep breath, stood up tall, and knocked on the door. I declared in a loud voice: ‘I was born in this house. I am looking for my father and mother. Please let me in.’

“The voice inside said, ‘Go away. This is my home. It was empty when I came here and nobody will cause me to move now.’ When I shook my head and tried to insist, the voice commanded me to show my identification papers. I had to admit I didn’t have any papers. ‘Just as I thought, you’re a liar,’ said the voice behind the door.

‘Go away or I’ll call the police.’

“The voice retreated. I was shaken. I sat down, hugging my shoe box close to my body. It was the only thing from the past that I had left in the world. I didn’t have identity papers and I didn’t know how to get new papers to prove who I was. I didn’t know what to do or where to go.

“As the sun started to set, I realized I was exhausted. I needed to lie down, but where? Then I noticed that the house I was passing looked empty. The front door was lying in the dirt. I peeked in cautiously, and then entered. After making sure that the house was empty, I sat down on a torn sofa, and soon fell asleep.

“I felt someone shaking me violently and shouting, ‘Get up, get up and get out of here.’ I opened my eyes and saw a tall, thin man with a bandage on his head, shouting, ‘This is my place now and for any Jews that are still alive after your stinking concentration camps. Go before I wrap my stick around your head.’

“I was now fully awake and shouted back. ‘Wait, I am a Jew too!’ ‘Oh yeah!’ he sneered. ‘With those clean clothes and good shoes? You can’t fool me. You’re not a Jew.’ ‘But I am a Jew,’ I insisted.

“The man pulled up the sleeve of his shirt and pointed to the tattooed number on his arm. ‘If you are a Jew, show me your number.’ I hung my head. ‘I don’t have a number. A Christian couple hid me on a farm.’ ‘A likely story,’ he said. ‘Why don’t you go back to them then?’ He scowled and pointed the way out.

“Dejected, I picked up my shoe box, and slowly moved to the open door. First I couldn’t prove that my home had indeed been my home, and now I couldn’t even prove that I was Jewish. Suddenly I had an idea. At the empty doorway I turned and shouted. ‘*Ma nishtana halayla hazeh michol halaylot* (Why is this night different from all other nights)? It was the first of four



“My Cousin Danny,” a story for young people, is the latest project by Holocaust educator Max Sternthal.

questions, in Hebrew, that I, as the youngest person at the table had to ask my father on the night we celebrated the Jewish Passover so many years before. ‘I don’t remember the other three questions I was taught in Hebrew,’ I continued quickly when I saw the look of surprise in the man’s eyes. ‘But I remember we drank wine and ate matzo and when I found the piece of matzo hidden by my father, he gave me a coin as reward, and then we sang a song with the word *Dayenu*. My name is Daniel Fineberg, I am a Jew. I was hidden by a Christian family for four years. I don’t know where my parents are. I have no papers. I don’t know where to go. Please, don’t turn me away!’

“The tall man hurried over and wrapped his arms around me. ‘I’m sorry. I believe you now. I am Shlomo Grynzpan. I hope that somewhere I still have a son who is around your age. You can stay with me for now. I will look after you.’

“For the next few weeks, I walked with Shlomo who was also looking for any survivors of his family.”

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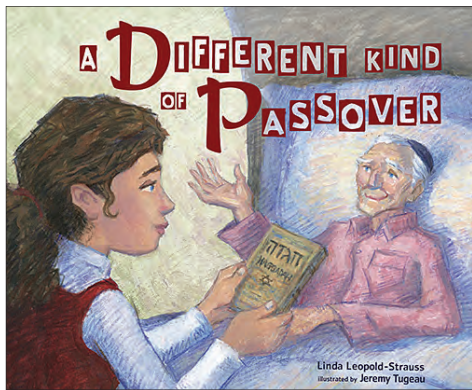
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Kid Lit: A heartwarming intergenerational Passover story

Continued from page 28



A Different Kind of Passover
By Linda Leopold-Strauss
Illustrated by Jeremy Tugeau
Kar-Ben
Ages 4-7
32 pages

On the way to her grandparents' house for the seder, a young girl named Jessica is busy practicing "The Four Questions." Jessica loves spending Passover with her grandparents, where everything is the same year after year – running up the stairs at their apartment, finding piles of blankets and pillows for the sleepover with her cousins, and enjoying the good smells emanating from the kitchen. But this year will be different because her grandfather just got home from the hospital and is too weak to come to the seder table. In this

heartwarming intergenerational story, Jessica comes up with a plan for how Grandpa can still lead the seder, continuing the family tradition. Jeremy Tugeau's large, expressive illustrations capture Jessica's emotions of joy, disappointment and love she shares her with grandfather.

The Passover Cowboy
By Barbara Diamond Goldin
Illustrated by Gina Capaldi
Apples and Honey Press
Ages 4-7
32 pages

Acclaimed Jewish children's book writer Barbara Diamond Goldin offers an unlikely Passover story set in the Argentine countryside in the late 1800s. Jacob is a young Jewish boy whose Russian family immigrated to Argentina, but he doesn't quite fit in. He makes a new friend, Benito, who helps him learn to ride a horse. Jacob works up the courage to invite his non-Jewish pal to his family's seder, but Benito says he has farm chores to do. However, Benito ends up coming after all, at just the right moment: when Jacob opens the door to welcome Elijah, just as a flock of chickens arrive, too. Benito helps round up the chickens and joins the seder.

As the family welcomes its new friend, they learn from each other about the meaning of freedom – and Jacob's mother

and Benito also surprise him with a lasso and clothing he needs for an upcoming rodeo. Artist Gina Capaldi puts readers right in the action; kids will feel as if they are riding along on horseback with Jacob and Benito, and they'll feel part of the family's seder. An author's note explains that in the 1880s, Jewish immigrants from Eastern Europe arrived in Argentina. Goldin also poses a timely discussion question that asks families to imagine what it would be like to move to a new country.



How It's Made: Matzah
By Allison Ofanansky
Photographs by Aliyahu Alpern
Apples & Honey Press
Ages 3-7
32 pages

Kids get an up-close look at how matzo is made in this fascinating new book overflowing with stunning colour photographs that bring to life small-batch, handmade matzo-making to factories that bake 35,000 pieces of matzo every day. Kids see the spiked rolling tool used to make the tiny holes in the matzo and get a peek inside the very hot ovens required for baking. Captions and explanatory text are informative but simple, making the photographs the stars of a wonderful book that will appeal both to kids and grownups. There are several do-it-yourself recipes and craft projects, including baking matzo, making a matzo cover and growing the greens for karpas, the symbolic vegetable eaten during the seder.

Sammy Spider's Passover Shapes
By Sylvia A. Rouss
Illustrated by Katherine Janus Kahn
Kar-Ben
Ages 2-5
12 pages

The ever-popular Sammy Spider – now in his 24th year – is back! *Passover Shapes* is the second Sammy Spider board book that is geared for toddlers. In this brightly illustrated tale, the young spider celebrates the holiday with his human friend, Josh Shapiro. Little ones will learn about Passover as well as basic shapes.

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Florence Marcus

We are sad to announce the sudden passing of Florence Marcus, formerly of Ottawa, on Monday, March 6, 2017 at the age of 84 in Jerusalem, Israel, surrounded by three generations of her family.

Beloved and devoted mother of Sharron (Richard) Gennis and the late Brandon Strolovitch. Loving Bubby of Malky (Moishy), Devorah (Yossi), Hindy (Avi) and Esther Chaya. Great-grandmother of Talya, Avigayil and BatSheva.

The funeral was held in Beit Shemesh, Israel, on March 7, 2017.

She will be greatly missed by her family and friends. May her memory be a blessing to us all.

Donations to Hillel Lodge would be appreciated.

Jessica Chastain on playing a Holocaust heroine in 'The Zookeeper's Wife'

BY CURT SCHLEIER

(JTA) – Strong women are right in actor Jessica Chastain's wheelhouse.

There's Maya, the fictional CIA agent in "Zero Dark Thirty," whose work led Seal Team Six to Osama bin Laden; Melissa Lewis, the heroic mission commander who refuses to abandon a teammate in "The Martian," and Elizabeth Sloan, the accept-no-prisoners Washington lobbyist who takes on the gun industry in "Miss Sloan."

"I look for characters that challenge the status quo," Chastain, who snagged a Golden Globe for her work in "Zero Dark Thirty," told JTA in a telephone interview. "I know not every woman is a strong woman. But I am definitely inspired by those characters that push against the box society has put them in."

It's no surprise, then, that she jumped at the opportunity to portray Antonina Zabinski in "The Zookeepers Wife." It's an emotionally moving film about the Second World War that tells the true story of a heroine and her husband, Jan, who put themselves – and their children – at great risk in order to save 300 Jews by hiding them at the Warsaw Zoo, which they ran.

Before the war, the zoo was considered one of the finest in Europe. People came from all over to walk its grounds, view the animals and perhaps catch a glimpse of the quirky Antonina on one of her daily bicycle rides around the facility, often with a menagerie of ostriches trailing behind.

But, as the film chronicles, bombs levelled much of the zoo during the Nazi invasion of Poland in 1939, killing a substantial number of its animal residents. The Zabinskis were spared, and might have lived a relatively comfortable life during the occupation: A prewar colleague from Berlin, Lutz Heck (Daniel Brühl), was appointed the Reich's chief zoologist. He protected the couple, in part because of his respect for their accomplishments in building a world-renowned zoo, and in part because of his not-so-hidden crush on Antonina.

Still, Heck had many of their best (and rarest) remaining species transferred to Berlin for breeding purposes, leaving the zoo relatively empty. It was a decision the Zabinskis took full advantage of – Jan (played by Johan Heldenbergh) used the empty cages to store arms for the resistance and eventually went off to fight with the partisans. They also hid a close personal friend, sculptress Magdalena Gross (Efrat Dor, an Israeli actress).

And then they decided to do more. They convinced

Heck to let them raise pigs on the grounds, ostensibly to feed the troops. Also, they promised to gather the slop accumulating in the nearby Warsaw Ghetto to feed the animals. To Heck, it seemed like a win-win – but, in fact, the Zabinskis and other members of the resistance smuggled families into the zoo by putting them in barrels and covering them with the garbage intended for the pigs. Then they were hidden in empty cages and in a network of tunnels.

Nazi troops were a constant presence – a sneeze or a child's cry at the wrong moment could lead to tragedy. In fact, there were several occasions when it seemed the jig was up, all of which heightens the tension in a taut, well-constructed film that follows the Zabinskis from prewar good times through the conflict and its ever-present danger and, ultimately, to the couple's poignant reunion at the war's end.

Thanks to the Zabinskis' heroism, some 300 were hidden and ultimately transferred by the resistance to safety.

Over the course of the film, Chastain cascades through a range of emotions reflecting the many characters she subsumes – zoologist, wife, mother, spy and temptress to Heck – in a bravura performance that exudes confidence and strength.

I ask Chastain if she is strong in real life.

"I'm OK pushing against the constraints society expects me to be in," she said.

Was she always that way, or did success embolden her?

"I think I've always been that way. I'd speak up when something wasn't right or honourable."

But Chastain quickly notes standing up to authority is often easier said than done.

"I could immediately say, 'yes, I would have done [what the Zabinskis] did,' but such an easy answer would diminish the strength they showed and sacrifice they made," she said. "It doesn't acknowledge that her kids could have been killed. I hope I'm never challenged the way she was. She put the welfare of the many over the welfare of the few and was willing to sacrifice everything to do the right thing."

When offered the role, Chastain said she met with the director, Niki Caro, and immediately was impressed by the script.

"The story – it's world history," she said. "In American schools you don't learn about women in history. It was an honour for me to portray this incredible female."

See Chastain on page 35

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Continued on page 34

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Jessica Chastain as Antonina Zabinski in "The Zookeeper's Wife."

ANNE MARIE FOX/FOCUS FEATURES

Chastain: Auschwitz visit was profoundly moving

Continued from page 32

"The Zookeeper's Wife" is adapted from the book of the same name by Diane Ackerman that had relied upon Antonina's diaries. It's a tale of bravery and selflessness, especially since once Jan went off to war, Antonina was left to handle all the duties by herself.

The Zabinskis are enshrined in Yad Vashem's Righteous Among the Nations. While Chastain did not visit the Holocaust centre in Jerusalem, she still managed extensive research for the role.

"I read the book, of course, and visited the Warsaw Zoo," she said. "I met with her daughter [Teresa], who was a baby in the film, and learned about the family from a personal point of view. I also went to Auschwitz. I'd read about it, of course, but had never been to a concentration camp."

Chastain said the Auschwitz visit was profoundly moving.

Her experiences made her realize how contemporary the film's message is.

"We learn by looking at history, and when we look we see Hitler, Mussolini – one of the first things they did was manage the press," she said. "That led to

the atrocities. And when we look where we are now, we have to ask, 'Are we going to follow in those footsteps, are we going to create another atrocity, or are we going to create a world where we protect everyone regardless of their ethnicity?'"

Chastain's compassion for the underdog is well rooted. Though she doesn't talk about it much, she was born to a single mom who at times had to shoplift food to feed a young Jessica and her sister. I gingerly broach the topic and ask how it impacted her career and life.

"I think growing up in a situation where money wasn't necessary for happiness actually helped me," she said. "I realized when pursuing an acting career, it's not something you pursue for money. I pursued it realizing I could live without. I grew up without.

"I grew up without many things, and because of that, I have compassion for those who have less. I'm very happy paying taxes so people can go to school and have health care because I know what it's like to have little."

"The Zookeeper's Wife" opened in wide release on March 31.





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Happy Passover!

Chag Pesach Sameach!

From the Board and Staff
of the
Soloway Jewish Community Centre

www.jccottawa.com





OTC conference: Nepean-Carleton MPP Lisa MacLeod organized a daylong conference on diversity, inclusion and acceptance, March 20, at Ottawa Torah Centre that included participation by Jewish, Christian, and Muslim religious leaders as well as members of the Yezidi, Armenian, Rwandan, and Darfur communities. Among the speakers was Holocaust survivor Vera Gara.

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Alyce's 2017 Passover recipes

Passover is a difficult holiday. Lots of shopping plus lots of preparation plus lots of courses equals lots of work!
So anything you can do to make things ahead of time will relieve stress.

The chicken can be prepared earlier in the day. The kugel and cake can be made ahead and frozen.

The bark can be stored in a cool dry place well ahead of the seders.

There are several essential items that should be staples in everyone's Passover pantry. These include matzo crackers, soup nuts (mandelen), duck sauce and



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apricot jam. The crackers and soup nuts are replacements for flour/bread crumbs. The jam and duck sauce are the basis for any type of sauce.

SWEET AND SOUR CHICKEN

- 5 whole chicken breasts split in half (bone-in)
- Salt and pepper to taste
- 1 teaspoon fresh ginger
- 1 box ground soup nuts
- 2 eggs
- 1 teaspoon lime juice
- 6 ounces apricot jam
- 1/2 cup white wine
- 2 tablespoons margarine

Season chicken with salt, pepper and ginger. Beat eggs and lime juice in a pie plate. Place ground soup nuts in another plate. Dip chicken in egg mixture and then in ground soup nuts.

Place chicken pieces in a greased roasting pan. In a saucepan, melt margarine and add jam and white wine. Heat 3 minutes.

Pour over chicken and bake at 350 F. for 70 minutes.

Sweet and sour sauce

In a saucepan heat together the following ingredients:

- 1 cup apricot jam
- 1/2 teaspoon ground ginger
- 1 cup Gold's duck sauce
- 2 tablespoons honey

Serve warm with the chicken.

POTATO CARROT AND ZUCCHINI KUGEL

- 5 large eggs
- 3 medium onions, cut into 1-inch pieces
- 14 green onions, coarsely chopped
- 6 russet potatoes, peeled and cut into 1-inch pieces
- 2 medium carrots, peeled and cut into 1-inch pieces
- 1 large zucchini, cut into 1-inch pieces
- 1/2 cup matzo meal
- 2 teaspoons salt
- 1/2 teaspoon sugar
- 1/2 teaspoon pepper
- 1/2 cup vegetable oil

Combine 3 eggs, half of the onions, and half of the green onions in processor. Blend until the mixture is smooth and fluffy.

Add half the potatoes, half the carrots and half the zucchini. Blend until vegetables are finely chopped.

Transfer mixture to a large bowl.

Repeat with remaining 2 eggs and all the vegetables. Add to mixture in bowl.

Whisk in the matzo meal, salt, pepper and 1/4 cup oil.

Brush remaining 1/4 cup oil over bottom and sides of 9x13-inch Pyrex dish.

Place dish in 400 F. oven for 7 minutes until hot.

Pour batter into hot dish and bake for one hour until brown and crisp.

FUDGE CAKE

- 200 grams (7/8 cup) margarine
- 1/4 cup cocoa powder (good quality – yes, it makes a difference!)
- 6 eggs
- 1 1/4 cups brown sugar
- 1 cup ground almonds or hazelnuts
- Preheat oven to 325 F.

Lightly grease a 9-inch springform pan and line with parchment paper.

Place the margarine and cocoa in a saucepan and stir over low heat until smooth.

Beat eggs and sugar in an electric stand mixer until double in volume.

Fold in the cocoa mixture and the ground nuts. Pour into the pan and bake 40 minutes until set.

Cool and then turn out onto platter. Dust with additional cocoa

Serves 10-12.

PASSOVER BARK

- 1 pound chopped kosher-for-Passover chocolate
- 3 cups kosher-for-Passover mini-marshmallows
- 1/2 cup kosher-for-Passover crushed potato chips
- 8 ounces chopped macaroons
- 1 teaspoon sea salt

Melt chocolate in double boiler and cool. Combine remaining ingredients and stir in chocolate.

Spread in a 9x13-inch pan lined with parchment paper.

Refrigerate until set.

Break into chunks.



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Welcome to the next episode of 'Let's Make a Peace Deal'

Mr. Abbas goes to Washington. Mr. Trump has a new idea that's really an old idea. And the U.S. Congress is once again threatening to cancel all aid to the Palestinian Authority (PA).

Welcome to the next episode of that endless, popular and – so far – futile game show, "Let's Make a Peace Deal." No, it's not a rerun – it just feels like it because nothing has really changed.

One week, it's "Move the embassy to Jerusalem!" "Build more settlements!" "Make friends with Bibi!"

The next week, it's "Let's study the embassy issue!" "Let's slow down on those settlements!" "Let's make friends with Abbas!"

Less than three months into the job, Trump has yielded to the irresistible temptation that confounded, frustrated and damaged the legacies of his presidential predecessors: The belief that he's going to be the president who can do the impossible and make a Middle East peace deal.

But, because this is Trump talking, it's not just any deal.

"It might be a bigger and better deal than people in this room even understand," he proclaimed at a news conference during Israeli Prime Minister Benjamin Netanyahu's visit to Washington in February.

The latest plan could theoretically be bigger, because it would involve strengthening Israel's relationship with Egypt, Jordan and Saudi Arabia and focusing on such common interests as containing Iran's expansionism and defeating Islamic jihadists.

Then, with the help of the U.S., these frenemies might agree on the framework for a peace deal under which Israeli concessions to the Palestinians would be rewarded by these Sunni Muslim regimes' recognition of Israel.

But, as Jackson Diehl of the Washington Post points



out, this idea isn't new. It was the basis of the 2002 Arab Peace Initiative, which was soon rejected by both sides.

Israel wasn't prepared to withdraw from as much territory as the deal envisioned, and other Arab countries weren't – and aren't – prepared to negotiate the terms of a deal that the Palestinians would immediately reject. <http://tinyurl.com/hz8abtz>

Now Trump has invited PA President Mahmoud Abbas to Washington, and has dispatched Middle East envoy Jason Greenblatt to Ramallah to discuss resuming U.S.-brokered peace talks that broke down in 2014.

According to the London-based Arabic newspaper, Asharq al-Awsat, the PA is ready to resume negotiations if Israel halts settlement building, releases long-serving prisoners, guarantees a Palestinian state within 1967 borders and determines a timeframe for the end of negotiations.

In other words, the PA's idea of negotiations hasn't changed: Give us everything we want, and then we'll negotiate.

Meanwhile, the Republican-controlled U.S. Congress does not appear to be in any hurry to make nice with the Palestinians. In fact, Republicans in both the House of Representatives and the Senate are pushing hard to cut off all aid to the PA – which amounted to \$300 million US in 2016 – until the PA stops paying salaries to

terrorists and their families.

The Taylor Force Act, named after the U.S. veteran and West Point graduate who was stabbed by a Palestinian terrorist in Jaffa last year, is not a new concept.

Congress has frozen aid to the PA in the past, often prompted by reports by Israel's Palestinian Media Watch (PMW) that exposed continued hate education and incitement to terror by the allegedly moderate Abbas regime.

Those freezes, however, were ultimately vetoed by U.S. presidents who feared that withholding aid would destabilize the PA and empower Hamas.

The PA's policy of paying salaries to terrorists and their families, also exposed by PMW, appears to have prompted more international outrage than other Palestinian misuses of foreign aid. And, if Trump goes through with plans to cut the foreign assistance budget by 38 per cent, the Palestinian aid could be an easy target.

But this would deprive Trump of the opportunity to try for the "ultimate deal" that would feed his ego and cement his legacy.

Given that his broad pronouncements are usually followed by backtracking once he talks to people he trusts and who actually have some knowledge of the situation, Trump will likely have to give up on the "big deal" based on the ill-fated Arab Peace Initiative.

He'll embrace the idea of financial tough love for the Palestinians – until Abbas comes to Washington and pretends to be a statesman, and/or his advisers convince him that it's too risky to pull the plug on Palestinian foreign aid.

In other words, he'll continue to be all talk and no action – a role that suits him far better than his current job.

On questions and journeys

Each year at the Passover seder, we recount the Exodus of the Israelites from *Mitzrayim* (the narrow place) to freedom in the Land of Milk and Honey. And, every year, I ask myself if it really happened, and I decide it doesn't matter. What matters instead is the retelling of the story, year after year, generation after generation. With the act of retelling we remember, we reimagine, and we try to empathize and feel in our bodies and hearts what might have happened.

Since the story might not be true, the deep structure of the Passover seder emphasizes a paradox between myth and questioning. On Passover, we are not meant to prioritize fact or outcome but, rather, to consider the importance of the process and the journey. Each year, we contemplate the significance of the effort it takes to resist oppression and the hard realization that not everyone is free.

Perhaps what matters most, then, is consciously recognizing the privilege of our freedom and also asking ourselves tough questions about who doesn't enjoy that same freedom. To put it another way, what if questioning is as important to Passover as the action of retelling? Many of us can remember being obligated, as the youngest person at the Passover table, to ask or sing the "Four Questions." The "Four Questions" highlight what makes Passover distinct. Possibly, as a nod to the tradition of good Jewish humour, the Haggadah implies that there are, in fact, five questions, not four. The fifth question, or rather the overall question, is the chorus



itself: "*Mah nishtanah halailah hazeh mikol haleilot* (Why is this night different from all other nights)?"

The ritual of "mah nishtanah" thus seems to be about questioning even the questions. Maybe the ritual is actually a microcosm for the entire seder. It draws our attention to what makes the Passover seder so distinctive, namely because that night we recount the story of slavery, the resistance and the journey to freedom, and it urges seder participants to ask questions in order to understand, and imagine for themselves, what it might have been like to be slaves in Egypt.

I recently returned from a four-week dance residency in Guinea, West Africa, where I lived with local people who struggled just to survive from day to day and who dreamed of a new life in Europe or North America. While Guinea is not war-torn, life there is fragile and difficult. After having lived there for a month, I can attest to the precariousness of my friends' futures.

Since my return, I have been reading article after article about the ongoing refugee crisis in the Middle East and Europe; the perils facing mostly Muslim

asylum-seekers as they try to cross into Canada from the U.S., traversing isolated prairie and forest in life-threatening winter conditions; and the human traffickers who prey on youth trying to flee the gang-ridden cities of El Salvador and Mexico. The unsettling goals of the Trump administration in the U.S. and the rise of populist and xenophobic political leaders in Europe and elsewhere are motivating many of these perilous journeys.

My heart is full of worry. We are approaching Passover and, whether or not the story we recount at the seder is myth or truth, we retell it in order to try to imagine what it was like to be a slave in Egypt. This year, can we also try to imagine what the perilous journey was like?

I asked Patti Lenard, professor of political philosophy at the University of Ottawa, what concerned Canadian citizens can do about the worldwide refugee crisis. She said ordinary Canadians can put pressure on our federal government to raise the cap on privately sponsored refugees. Lenard is adamant that Canadian Immigration Services has the infrastructure to support raising the cap, especially since much of the burden of helping the new arrivals falls on whatever private group has sponsored their application. She said the second action we can take is to join or found a group that is actively engaged in privately sponsoring an individual or family. Visit www.refugee613.ca/pages/sponsor for more information.

At this time of the year, when the wisdom of our Jewish calendar reminds us to think deeply of struggle, servitude, resistance and liberty, I hope we can ask ourselves difficult questions about what we can do, as individuals, to help repair our troubled world.

The Passover story is only half the tale we tell at the seder

The other night, I was reading my daughter a story by British author Julia Donaldson, most famous for her book *The Gruffalo*.

We were reading *The Highway Rat*, and, in the story, the rat steals from people along the road until he gets his comeuppance from a clever duck.

Like all of Donaldson's books, it's the rhythm more than the story that appeals to me. It's just fun to read. And, when you're going to be asked to read a book a half-dozen times in a row, having fun helps.

But it took a read or two before I realized why I was enjoying this one so much. The rhythm reminds me of how Anne Shirley recites the poem "The Highwayman" in the 1985 movie "Anne of Green Gables."

That book was one of my childhood favourites, and one day I'll introduce it to my daughter.

Sharing the stories that inspired me as a kid is one of the true delights of motherhood.

The fact I love storytelling is why I've also always enjoyed Passover – telling the story of the Exodus is the whole point.

But, like the Donaldson books, what I enjoy isn't just the story.

It's about the rhythm of how my family has always told it – my parents and aunts and uncles and cousins going paragraph by paragraph through the Haggadah, paragraphs marked to denote who was responsible for which section year after year.

The way the particular Haggadah we used laid out the story of Passover, well, that wasn't so engaging.

The fun came not from its words, but how my family chose to say them – the ritual jokes about the simple



STEPHANIE SHEFRIN
**MODERN
MISHPOCHA**

Much like I can only hope my daughter will one day love Anne as much I do, I can only hope she'll come to have the same warm, happy memories of Passover. As parents, we worry often about making the right choices for our kids. That there are so many versions of the Haggadah is a lesson to us that, sometimes, there is no right way. The more important thing is that we are together doing it at all.

son, the annual banging on the table for the dayenu, the race to see who could find the afikomen first, and whether our uncle would ever actually pay up.

Yet, while the Passover story itself remains the same, the story of our family is changing.

The responsibility for getting us all together on the holidays is beginning to fall more upon my generation – not that of my parents – and it's bittersweet. The cousins I hunted for the afikomen with three decades

ago, we now all have children of our own.

It's up to us to figure out which rhythms of the Passover seders from our childhood we wish to repeat and which we will choose to discard, in favour of finding our own.

Speaking personally, I'm quite happy to jettison the part about the rabbis sitting all night in B'nei Brak until their students come to tell them it's time for morning prayers.

But what to replace it with?

Each year, the Forward, a New York-based Jewish publication, runs a roundup of the latest Haggadahs.

The Forward's list for 2017 wasn't out yet as I was writing this column, but, in recent years, it has included mobile phone applications and an interactive website where you can essentially write your own Haggadah. New this year, I've read elsewhere, is a Haggadah based on the Harry Potter children's books.

Maybe I could write a Haggadah based on "Anne of Green Gables." After all, she does get her braids dipped in ink, and surely I could tie that in with dipping leafy vegetables in salt water, somehow.

Much like I can only hope my daughter will one day love Anne as much I do, I can only hope she'll come to have the same warm, happy memories of Passover.

As parents, we worry often about making the *right* choices for our kids. That there are so many versions of the Haggadah is a lesson to us that, sometimes, there is no *right* way. The more important thing is that we are together doing it at all.

For, in telling the story of Passover, we also get to write a new story – our own.

Celebrating a special *Focus on Fitness* anniversary

I started this column just over five years ago because I wanted to inform, educate and motivate you to make fitness and health a priority. Through a combination of research and storytelling – with passion and an occasional injection of humour – I've curated the most current and practical information to help you succeed. One hundred articles later, let's take a look back at some of the themes and topics I've covered so far.

I've presented different types of exercise to enhance your cardiorespiratory system, strength, flexibility and functional fitness and covered a broad range of physical activities including walking, hiking, running, cycling, gardening, golf, yoga, dancing, swimming, boxing, ice skating, high-intensity interval training, seated exercise, snow shovelling and its health risks, and even unusual activities such as dragon boat racing and tire-pulling.

I've provided step-by-step instructions for exercises to safely strengthen your muscles, and explained how to boost your metabolism, set realistic goals, identify and overcome obstacles, eat better, lose weight, and use tools such as a heart-rate calculator, a body-mass index calculator, fitness-monitoring devices, and a food and exercise journal.

I've explained how to differentiate between normal muscle soreness and pain, use exercise to deal with constipation, and exercise with a chronic health condition; why experts consider exercise as a form of medicine, and how doctors can improve the manner in which they prescribe exercise; the fascinating role of exercise in disease prevention, and its potential to delay the onset and slow the progression of many diseases; the benefits of working with a personal trainer; and the many evidence-based physical, cognitive and mental health benefits of exercise.



GLORIA SCHWARTZ
**FOCUS ON
FITNESS**

I've relied on reputable studies and reliable sources to support claims and dispel myths. I've examined fitness fads, superfoods, weight-loss scams, detoxification, nutritional supplements, and why some of these products and practices pose health risks and are a waste of your money. I've also gleaned valuable insights about healthy living from the writings of experts who've stood the test of time and from more contemporary gurus.

I've looked at habits associated with longevity and some alarming trends: sitting is considered the new smoking, and that many lifestyle-related diseases and deaths could be prevented by making changes to how we move and what we eat.

I've examined the obesity epidemic in adults and children, its complexity, known causes and associated health risks (e.g., Type 2 diabetes, certain cancers), the concept of "skinny fat," and the role of hormones in weight gain.

I've looked at disordered eating habits, unrealistic body images portrayed by the media, how the media influences our self-perception, and I've proposed the notion of accepting our natural body shapes, cellulite and other genetic aspects of our bodies that we cannot change and that have no negative health consequences.

I've exposed the reality that diets have a high long-term failure rate – regardless of the type of diet. I've

discussed the pros and cons of processed foods; the roles and misconceptions regarding carbohydrates, fats and protein; hidden sugar and its health implications; the demonization of certain foods; the concept of moderation; the importance of quality and not just quantity of calories; and tips to eating healthily on a budget.

I've shared my own health struggles and triumphs. I've admitted my setbacks with my dietary habits. I've shared my experiences training for and running half-marathon races, and the thrill of personal victory that each of us can achieve when we push our limits. I've been honest at all times, because I believe it's important for everyone to understand that, despite working in the fitness industry, I, like everyone else, am far from perfect.

I shared my pride and excitement when I published my autobiographical, self-help book *Personal Best: Train Your Brain and Transform Your Body for Life*. As for training your brain, I've written articles on attitudes, internal dialogue, redefining success (not just as the number on the scale), stages of mental readiness, the notion of persistence and perseverance even with advanced age or physical impediments, adopting fitness as a lifestyle, dysfunctional beliefs and how to replace excuses with solutions. I've brought awareness to finding inspiration in others – everyday people – who are all around us, and how to be open and receptive to change.

With so many topics covered, what's next? As a writer and personal trainer, I feel I've just scratched the surface.

Thank you for the positive feedback over the years. Let's continue our journey together towards our personal best in fitness and health.



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LIEFF FAMILY B'NAI MITZVAH FUND

MAZEL TOV TO:
Ellen Nadolny and Frank Grimsley on the marriage of their daughter Caroline by Francie Greenspoon and Norman Lieff.

Contributions may be made

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

- Building Trust
- Serving the Community
- Growing Our Collective Legacy

The Ottawa Jewish Community Foundation follows a strong investment policy guiding successful portfolio managers with oversight from

our investment committee and Board. The committee is made up of financial and business experts who lead the Foundation's growth with results that allow you to donate with confidence.



3-year annualized return (net of fees) as of Dec. 31, 2015. * Please note that past performance is not an assurance of future Foundation growth.

Contact: Arieh Rosenblum, Director of Development at 613-798-4696 x 270 or arosenblum@jewishottawa.com



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What inspires your legacy giving? Take the challenge and help fuel our Jewish future.

Inspiring volunteer and donor created community challenge

Richard Roth moved to Ottawa over 20 years ago from Toronto for a business opportunity. He is a former lawyer and married to Ottawa native, Riva Levitan. "The Jewish Community was very welcoming to us. It made us want to be involved," Richard explained, so it wasn't long before they became integrated and active volunteers.

"Personally, I've always felt it is important to give back. I think in Ottawa, because, it's a smaller community, it's even more important. We were welcomed so warmly and we wanted others to have that same experience," he added. "If you want to continue to have a strong community, you have to engage and offer your time."

It was natural that when his sons started at the Ottawa Jewish Community School, then called Hillel Academy, he would get involved. Richard is a former Chair of the Scholarship Committee and a former member of the Executive of the Ottawa Jewish Community Foundation Board of Directors.

For Richard, helping community means securing the community's vibrant future. For this reason, it wasn't long before his volunteerism led him to the Foundation.

"I believe in making an investment for the future and that's what attracted me to the Foundation. If, and when, the community faces challenging times, it is going to be the Foundation that will be there to ensure the community continues to thrive - consider it like the savings bank for future needs."

This is a philosophy he and his wife have instilled in their children. "When our kids were Bar Mitzvah aged, my sons both opened B'nai Mitzvah funds. We appreciated the idea of parents explaining to their kids the values behind opening a fund and giving back. These are the seeds to creating future philanthropists. Both our children are very proud of their funds; having learned both at home, and at OJCS, that tzedakah is a mitzvah they too can happily participate in. The B'nai Mitzvah Club is part of creating future community leaders."

With these values, Richard joined the Board of the Foundation over 10 years ago, first on the Investment Committee then eventually becoming the Chair of the Foundation itself in 2011. It was during this time that he and Riva developed the idea of the Legacy Challenge incentive.

"Riva and I started the Legacy Challenge with the hope of facilitating the conversation around legacy giving through estate gifts. These are gifts a person makes through their will. With proper tax structuring, a legacy gift can help families save money in estate taxes while at the same time, benefiting community."

"I am proud to say that the Legacy Challenge has raised several million dollars in deferred gifts and it continues to grow..."



The Legacy Challenge is an ongoing Foundation program that offers up to \$1,000 to cover the professional costs of making adjustments to an individual's will. It has been instrumental in opening the door to conversations about giving in our community that otherwise might never have happened.

"Riva and I accepted the challenge ourselves, and by doing so, we opened the conversation and encouraged others to also do it."

Since its inception, the Legacy Challenge has been hugely successful.

"I am proud to say that the Legacy Challenge has raised several million dollars in deferred gifts and it continues to grow due to the hard work of community volunteers and the current Board and staff of the Foundation. This is very personal to Riva and me - we are so pleased that the Challenge has taken root. It makes us feel we've made a difference."

Richard remains involved in the Foundation's Investment Committee, and is proud of what they have accomplished in managing the community funds. It's a huge responsibility and one he takes very seriously. Richard is also an active volunteer in the broader community. He currently sits on the Board of Directors of the Ottawa Art Gallery and is involved in its Redevelopment Project.

"When it comes to community, you have to give more than you take. Community involvement is one of the most important things in your life. There are four pillars in life: your family, your work, yourself; and your community. And you have to give back to community to make sure you leave it better than when you showed up. It's more than a responsibility. It's almost required. Only by doing that can we guarantee that the next generation will stay on and live here. We have to make sure we protect the future of the community."

Foundation assists donors in contributing to the long-term financial support of the agencies which serve the Ottawa Jewish community. To find out more, contact Arieh Rosenblum, Director of Development, at arosenblum@jewishottawa.com or 613-798-4696 x270.

Novel details a mission to rescue one crucial man from Auschwitz

The One Man
By Andrew Gross
Minotaur Books
407 pages

In *The One Man*, best-selling author Andrew Gross has devised one of the most improbable plot-lines imaginable: Smuggle a person into the dreaded Auschwitz-Birkenau death camp on a critical mission to extract someone out. Not just anyone, mind you, but the “one man” who single-handedly can turn the tide of the Second World War.

It is the spring of 1944. While the Germans are in full retreat in southern Europe and on the Eastern Front, two monumental efforts are underway to help the Allies crush the Nazis and end their putative Thousand-Year Reich.

It is widely speculated that a massive invasion of France to open up the so-called second front is in the planning stages, likely to be launched before summer. The other project, conversely, is being carried out under an enormous blanket of secrecy, primarily in the desert of New Mexico, where physicists, mathematicians and numerous other specialized scientists are madly scrambling to beat the Nazis to the finish line of atomic weaponry.

Despite the presence in Los Alamos of Robert Oppenheimer, Enrico Fermi and Neils Bohr, the organizers of the atomic bomb project determine that they will fail to develop this game-changing weapon first, if they do not have access to the brilliant mind of Polish-Jewish nuclear scientist Alfred Mendl.

Mendl’s life-long specialized research, it seems, holds the key to solving a critical problem that will finally lead to the weaponization of atomic energy. Intense diplomatic efforts to rescue Mendl from Nazi-occupied Europe have failed, and the scientist and his family are deported to Auschwitz.

American military and intelligence leaders then make the fateful decision to put in motion a dangerous and likely impossible mission to dispatch a single agent to penetrate the death camp. He will have 72 hours to find Mendl, smuggle him out of the camp and get to the

ERIC VERNON BOOK REVIEW

What Gross does in The One Man ... is deftly meet the primary challenge of Holocaust fiction to evoke the horrors of the genocidal depravity in a compelling creative account without treading on or trivializing the sacred memory of the Shoah

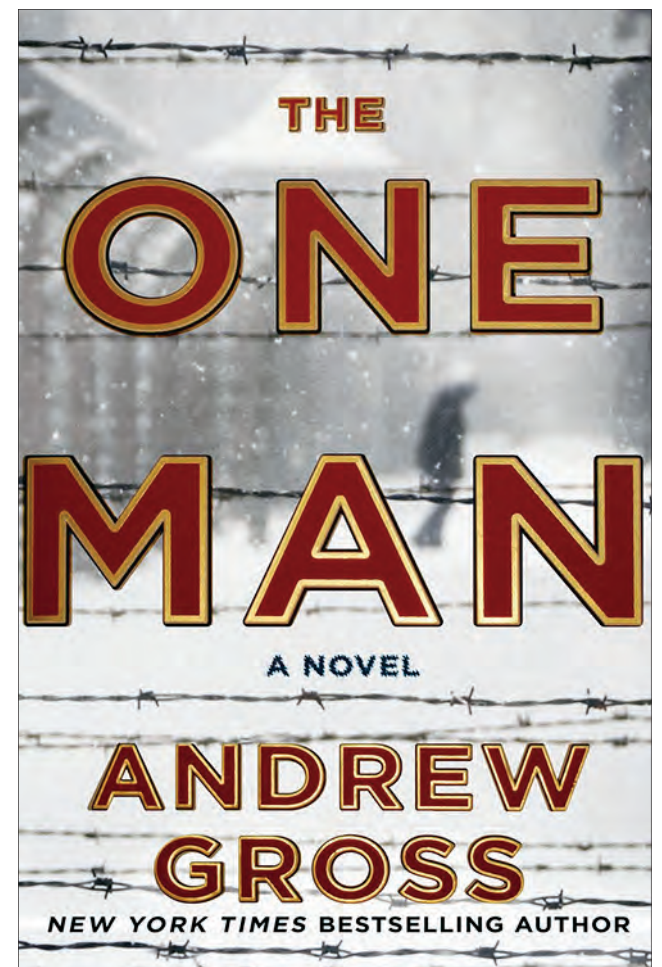
predetermined rendezvous point to board the rescue plane to safety.

Enter Nathan Blum, a Polish Jew who escaped the Krakow ghetto and made his way to America. Blum has been serving his adopted country by translating Polish documents for the Office of Strategic Services, the forerunner of the CIA, but he desperately wants to do more to assist the war effort and to assuage his terrible guilt over abandoning his family.

Offered the rescue mission, Blum must decide if he can balance this urgent need to help end the war and avenge his family’s certain death with the horror of returning to occupied Poland and passing through the Gates of Hell to somehow find Mendl and, against all odds, get him out.

No spoiler alert is necessary to acknowledge that Blum manages to insert himself into the camp to begin his rescue mission. Over the next three days, his own life is in constant danger as he searches for Mendl and attempts to implement the rescue plan.

Along the way, we meet three other key figures who will each have a profound impact on the unfolding mission: a brilliant teenager who has become the camp chess champion; a ruthless German intelligence officer who has uncovered evidence of the plot; and the wife of the Nazi second-in-command. Like any good thriller,



there are hold-your-breath twists and turns as the 72 hours count down, and a gripping ending to the narrative.

In an interview, Andrew Gross acknowledged that, “There’s been a canon of literature based on life in such camps, much of it written by people who experienced it firsthand, and it surely wasn’t my goal to write the definitive Auschwitz book.”

What Gross does in *The One Man*, though, is deftly meet the primary challenge of Holocaust fiction to evoke the horrors of the genocidal depravity in a compelling creative account without treading on or trivializing the sacred memory of the Shoah.

Given the extraordinarily tight timeline of Blum’s mission, there are a couple of plot devices that, while necessary to move the narrative along, stretch credulity a little. Overall, though, *The One Man* is a fascinating read that will capture your attention to the very last page.

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WHAT'S GOING ON | April 3 to 18, 2017

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

The list of Passover events is current to the Bulletin deadline. For an up-to-date listing, visit <http://jewishottawa.com/passover>

WEDNESDAY, APRIL 5

Ottawa Jewish Bereavement Support Group: Psychologist Carol Milstone and Rabbi Robert Morais will facilitate an 8-week program. Can be joined any time. Temple Israel 1301 Prince of Wales Dr., 10:30 am. Weekly until May 3. Info: Cathy Loves, 613-224-1802, cathy@templeisraelottawa.com

THURSDAY, APRIL 6

Yiddish is Alive and Well: Rebecca Margolis demonstrates the myriad ways in which Yiddish is thriving. No Yiddish knowledge required. Weekly until April 27, 1 pm. Info: Roslyn Wollock, 613-798-9818 ext. 254, rwollock@jccottawa.com

FRIDAY, APRIL 7

Pre-Passover Shabbat Dinner: Take a break from the kitchen during the pre-Passover rush and enjoy a delicious Shabbat dinner at Machzikei. Machzikei Hadas, 2310 Virginia Dr., 6:30 pm. Info/RSVP: Shul office, 613-521-9700, office@cmhottawa.com

SUNDAY, APRIL 9

Adult Jewish Exploration at Temple Israel: Join Dara Lithwick for some wonderful tools for making the seder meaningful, fun and engaging year after year. Temple Israel, 1301 Prince of Wales Dr., 10 am. Info: Cathy Loves, 613-224-1802, cathy@templeisraelottawa.com

MONDAY, APRIL 10

Chabad of Centrepointe Passover Seder: Gourmet Passover dinner hosted by Rabbi Chaim and Bassy Mendelsohn. Interactive and inspiring seder in a relaxed and warm atmosphere. Also April 11. Chabad of Centrepointe, 23 Palisade St., 7:15 pm. Info: Rabbi Mendelsohn, 613-218-8505, rabbi@sympatico.ca

OTC Passover Seder: Experience an inspiring traditional seder conducted in Hebrew and English. Elegant venue, delicious dinner, traditional songs, stories, children's activities and Rabbi Blum's insights on the Haggadah. Ottawa Torah Centre, 111 Lamplighters Dr., 7:15 pm. Info: Rabbi Blum, 613-843-7770, rabbi@theotc.org

Gourmet Passover Seder at Machzikei: Join Rabbi Idan Scher for a beautiful gourmet communal seder on the first night of Passover. Reservations available for family tables. Congregation Machzikei Hadas, 2310 Virginia Dr., 7:30 pm. RSVP: CMH office, 613-521-9700, office@cmhottawa.com

TUESDAY, APRIL 11

A Tribute to Canada 150 exhibit: The Canadian Jewish Experience (CJE), A Tribute to Canada 150 is an exhibit created for Canada's 150th anniversary. It tells how Jewish Canadians played a key role in all facets of life in Canada. 30 Metcalfe Street., 10 am to 6 pm daily until December 12. Info: Tova Lynch, 2017cje@gmail.com

Second Night Seder at Temple Israel: Rabbi Robert Morais will lead a second night seder geared to all generations, an opportunity to join in a community holiday celebration filled

with tradition and song. All attending will be encouraged to take an active role in the seder. Temple Israel, 1301 Prince of Wales Dr., 6 pm. Info: Cathy Loves, 613-224-1802, cathy@templeisraelottawa.com

Or Haneshamah's Second Night Community Seder: Join one of two OrH potluck seders: a seder for families with children of all ages, led by Eliyanah Delicate. Or a new offering: an immersive, leisurely seder, led by Rabbi Liz Bolton. Or Haneshamah, 30 Cleary Ave., 6 pm. Info: 613-239-4988, Info@orh.ca

COMING SOON

SUNDAY, APRIL 23

Yom HaShoah Commemoration: Join the Federation's Shoah Committee in honouring Yom HaShoah, 7 pm. Info: Elana Moscoe, 613-601-1205, emoscoe@jewishottawa.com

CANDLE LIGHTING BEFORE

APRIL 7	7:18 PM	SEVENTH DAY OF PESACH
FIRST DAY OF PESACH		APRIL 16
		7:29 PM
APRIL 10	7:22 PM	EIGHTH DAY OF PESACH
SECOND DAY OF PESACH		APRIL 17
		after 8:33 PM
APRIL 11	after 8:25 PM	APRIL 21
		7:36 PM
APRIL 14	7:27 PM	APRIL 28
		7:45 PM

BULLETIN DEADLINES

APRIL 19	FOR MAY 8
MAY 3	FOR MAY 22

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:

Gladys Bodnoff

Jay L. Dover

Lucile Marie-Rose Finsten

Donald J. Langdon

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.



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and your family
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during this
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