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Perhaps the youngest Auschwitz survivor tells her story on Yom HaShoah

While hundreds of thousands of Jews were murdered by the Nazis at Auschwitz during the Holocaust, for **Angela Orosz** it was her place of birth. Orosz told her story during Ottawa's Yom HaShoah commemoration.

Michael Aarenau reports.

‘When one bears witness, one speaks for the six million who have been forever silenced,’ said Shoah Committee Chair Debbie Halton-Weiss at the community Yom HaShoah commemoration, April 23, at the Soloway Jewish Community Centre.

The concept of bearing witness was the focal point of the event as Holocaust survivor Angela Orosz told her story in conversation with Canadian Press reporter Stephanie Levitz.

As a baby born just weeks before Auschwitz was liberated, Orosz is among the youngest of all Holocaust survivors.

Orosz graciously stepped in when Cantor David Wisnia, who was originally scheduled to deliver the keynote address at the Yom HaShoah program, was unable to attend due to illness.

Orosz – who only learned the circumstances of her birth at age 11 and didn't speak publicly about it until she was 60 – said her mother was three months pregnant when her parents arrived at Auschwitz in May of 1944. While her father was killed, her mother was

selected by the infamous Dr. Josef Mengele for forced labour and his cruel medical experiments.

Orosz weighed just one kg at birth. And, just three hours later, her mother – who had hidden her pregnancy from the Nazis – was forced out into the freezing cold for rollcall and work. She left the baby wrapped in a blanket on a top bunk in the barracks, and it was only because she was too weak to cry – and thus draw attention – that young Angela survived.

Auschwitz was liberated while Orosz was still a tiny infant, but her life remained difficult. She was malnourished and deformed and many people suggested to her mother that she let her baby die. Her mother, though, was determined to see her child survive.

Thanks to her mother, Orosz grew up. While she knew she was born in Auschwitz, and understood bits and pieces of her past, her mother never really told her the entire story.

It was only when Orosz's own daughter had to do a class project on her family's history that she learned the full extent of



Lillian and Herbert Laks light one of the six memorial candles – each representing one million Jews murdered in the Holocaust – during the Yom HaShoah commemoration, April 23.

what her mother had endured at Auschwitz, including the details of Mengele's sickening medical experiments on her mother's cervix.

Orosz, who lives in Montreal, is now a prominent Holocaust educator. Two years ago, she returned to Auschwitz for the 70th anniversary of the death camp's liberation.

She returned again last year with a group of Canadian high school students on the March of the Living.

Noah Hamburg, one of the Ottawa students on the March of the Living, said

Orosz' participation on the March had added great meaning to his experience.

“The most important thing is not to be silent, because the world was silent,” he said.

The Yom HaShoah commemoration also included greetings from Ambassador Nimrod Barkan on behalf of the State of Israel and the March on the Colours by veterans of the Canadian Armed Forces and the Israel Defense Forces. The Tamir Neshama Choir led the singing of “O Canada” and “Hatikvah” and Allan
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Stephanie Shefrin on Jewish mothers > p. 22



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Yom HaShoah: Bearing witness for the six million

Continued from page 1

Shefrin delivered Rabbi Lord Jonathan Sacks' "Prayer for Yom HaShoah."

One of the most poignant moments during the commemoration was the lighting of six memorial candles – each representing one million Jews murdered in the Holocaust – by Holocaust survivors Elena Keen, Cantor Moshe Kraus, Vera Gara, Herbert and Lillian Laks,

Judy Young Drache, and Mozenon Zinovly.

There was also a video presentation by Ottawa March of the Living participants on the lessons they learned from their experiences.

The evening concluded with Cantor Daniel Benlolo singing "Kel Maleh Rachamim" and reciting the Mourner's Kaddish.



Keynote speaker Angela Orosz tells her story to journalist Stephanie Levitz during the Yom HaShoah commemoration, April 23.



Keynote speaker Angela Orosz (centre) with Shoah Committee Chair Debbie Halton-Weiss (left) and Jewish Federation of Ottawa President and CEO Andrea Freedman at the Yom HaShoah commemoration, April 23.



Keynote speaker Angela Orosz (right) with Israeli Ambassador Nimrod Barkan and Shlomit Shulov-Barkan at the Yom HaShoah commemoration, April 23.

Teen accused of threatening JCCs charged in Israel with extortion, causing panic, computer hacking

(JTA) – The Israeli-American teenager accused of making threats against Jewish community centres in the United States was charged with extortion and several other offences in a Tel Aviv court.

The teen from Ashkelon, in southern Israel, was charged April 24 in district court with thousands of counts on offences that also include publishing false information, causing panic, computer hacking and money laundering. He was arrested in Israel in March in a joint operation with the FBI and cannot be named in reports originating from Israel.

According to the indictment, the teen, who has dual U.S. and Israeli citizenship, made threats to 2,000 institutions around the world, including the Israeli Embassy in Washington and other Israeli diplomatic missions, schools, malls, police stations, hospitals and airlines.

Threats to three airlines, including Israel's national carrier El Al, led to planes making emergency landings, dumping fuel and requiring military escorts, according to the indictment.

He is also charged with threatening a Delaware state senator, Ernesto Lopez, for

publicly criticizing the person who made the threatening calls to Jewish institutions, including sending illicit drugs to Lopez's home and threatening to publish photographs and call the authorities to arrest him for possession. The teen also is charged with harassing a former Pentagon official, George Little, including threatening to kidnap and kill his children.

Other charges include buying drugs, running an online hacking and document forging service, buying and selling weapons online, and possession of child pornography, as well as the assault of an

Israeli police officer who came to arrest him, according to The Times of Israel.

The U.S. Justice Department said April 21 that it was charging the teen with 28 counts of making threatening calls to JCCs in Florida, conveying false information to the police and cyberstalking, but Israel's state prosecutor, Shai Nitzan, opposed allowing the teen's extradition to the United States. Israeli justice officials have said they want to put the teen on trial in Israel.

The teen's parents and attorney have said he has a benign brain tumor that affects his behaviour, as well as a very low IQ.

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Since 1975

Canadian comedians want to bring Yiddish humour to TV

BY JOSEFIN DOLSTEN

(JTA) – It’s safe to say that Eli Batalion and Jamie Elman are some of the funniest Yiddish speakers around. Their Yiddish-English web series, “YidLife Crisis,” is a modern-day, Montreal-based “Seinfeld” that would make any Jewish mother kvell (“It’s in Yiddish!”) and kvetch (“The sex, drugs and Jesus jokes! Oy!”).

The series, which premiered in 2014, follows the nebbish Leizer (played by Batalion) and rebel wannabe Chaimie (Elman) as they wander around Montreal, eat at restaurants and have Talmudic debates about their Jewish identities.

In one episode, Chaimie tries to convince Leizer to order food in a restaurant on Yom Kippur. Leizer reluctantly agrees – but insists the waitress separate the meat and dairy-based foods. In another, which takes place at a kosher sushi restaurant, the two men fight, in Yiddish, over the affection of a woman (played by “Big Bang Theory” actress Mayim Bialik), not realizing that she can understand everything they are saying.

Now Batalion, 36, and Elman, 40, hope to bring their brand of Yiddish humour to a larger audience. The duo is in talks with a Canadian broadcaster to create a TV show based on the web series. In addition, “YidLife Crisis” received an entrepreneurship grant earlier this month from the Jewish philanthropy Natan Fund to further expand its content.

The challenge facing Batalion and Elman is how to broaden the appeal of “YidLife Crisis” beyond the Jewish community without abandoning its Yiddish roots.

Though the pair says they hope to remain in the main roles, the TV show would also introduce a cast of characters from other religious and cultural backgrounds that grapple with similar questions of identity.

The series “would take a lot of the content from ‘YidLife Crisis’ – the chemistry and ideas behind it – but go further down the road of multicultural Montreal, putting a few other multicultural characters on display as well,”



Eli Batalion (left) and Jamie Elman created and star in the web series “YidLife Crisis.”

Batalion said, speaking with JTA on a conference call with Elman.

They’re not particularly concerned that a departure from the show’s tight Jewish focus will alienate the show’s most devoted fans. Batalion, who has produced, composed and written content for “horror musical” films, assured JTA that a potential TV series “would still be extraordinarily Jewy.”

While the characters would speak more English on TV than in the web series, Yiddish would feature as “a code language” in which Batalion and Elman’s characters interact with older family members.

“We love ‘Transparent’ as a show that at its surface is not about Judaism, but in practice it’s filled with loads of Jewish content. And we think this would be the same,” said Elman, whose acting credits include “Mad Men” and “Curb Your Enthusiasm,” drawing a parallel to

Amazon’s acclaimed series following a Jewish family as the father comes out as transgender.

Working on scripts for the TV series keeps Elman and Batalion plenty busy – that means they’ve had to put the third season of the web series on hold.

“The goal from early on was to see if we can take this to long-form, so now that we’re given that opportunity to try, we’re putting all our eggs in that basket,” Batalion said.

They noted, however, that they are still making Yiddish-language videos – including clips of Hollywood classics and holiday songs hilariously dubbed into Yiddish – to satisfy fans hungry for content.

In creating “YidLife Crisis,” Batalion and Elman said they wanted to challenge perceptions both of Yiddish and Judaism.

“We wanted to show a different side of Judaism and a different side of Yiddish,

and that Yiddish is not just a language for ultra-Orthodox Jews,” Elman said.

Batalion and Elman, who both learned Yiddish as teenagers at Bialik High School in Montreal, said a goal was to showcase the language and its cultural heritage.

“We also felt that the Yiddish was critical to drawing attention to what we were trying to say, or to some of the themes we were speaking to – themes of culture and how to preserve it,” Elman said. “Yiddish is something that was nearly lost in the Holocaust.”

The pair didn’t become friends until 2007, when Batalion was on tour with his two-man show, “J.O.B. The Hip-Hopera,” which follows the biblical character Job as he is transported to modern-day New York. Batalion performed with his co-producer, Jerome Sable, in Los Angeles, where Elman was working as an actor. Wowed by the performance, Elman befriended the pair and went on to produce a web series with Sable.

Batalion and Elman later found a way to meld their friendship and professional goals, creating “YidLife Crisis.” Though the two live on opposite coasts – Batalion lives in Montreal, Elman is still based in Los Angeles – they film the episodes in Montreal. They have also filmed special episodes in Tel Aviv and London.

When asked to describe their relationship, they draw on the two defining characteristics of the show: Judaism and humour.

“Talmudic,” Batalion said of the duo’s connection.

Elman, on the other hand, quipped that it’s “not entirely kosher.”

Jokes aside, that juxtaposition speaks to a central theme in “YidLife Crisis”: the tension between the pull of the Jewish tradition and the appeal of secularism. That conflict is also present in the Yiddish language, Batalion said, noting that the language is in fact largely made up of German, a non-Jewish source.

“The language itself is highly honed,” he said. “It speaks to and sounds like a thousand years of diasporic experience living in another culture. And that’s what you get in our episodes – it’s all about Jews living in a secular world.”

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Survey shows boomers want to volunteer, make a difference

BY LOUISE RACHLIS

For many baby boomers, volunteering is about “tapas, not prix fixe.” “They do things sporadically, taste a little and move on,” said Linda Kislowicz, president and CEO of Jewish Federations of Canada – UIA. “This is a very important insight.”

Kislowicz was presenting findings from a recent survey of Canadian Jewish boomers conducted by B3/The Jewish Boomer Platform at a lunchtime event geared to Jewish agencies and organizations, April 26, presented by the Jewish Federation of Ottawa at the Soloway Jewish Community Centre.

While so many organizations are focused on how to engage millennials, “we’re missing a big part of the conversation if we don’t think about boomers – those born between 1946 and 1964 – and how they are changing,” said Kislowicz. “The data shows there is a huge wealth of time, talent, wealth and capacity in this population and they are interested in doing some kind of volunteerism.”

The email survey was conducted across Canada. Lists of potential participants were supplied by Jewish Federations and other participating organizations in those cities. There were 4,719 responses, including 374 from Ottawa. The fact that

the survey was of “connected Jews,” strengthens rather than dilutes the findings, Kislowicz said.

Aging is not just about geriatrics and it’s not just about retirees, said Kislowicz. “People are retiring later and launching second and third careers, their ‘encore careers.’ Cultural anthropologist Mary Catherine Bateson calls it ‘Adulthood II.’

“Overwhelmingly, the most common reason to volunteer is to ‘make a difference in people’s lives,’” she said. “Volunteering is an appealing engagement activity. Volunteer experiences that are relationship-based are the kind people get satisfaction from ... People are more likely to connect if it’s a limited commitment. We need more one-on-one opportunities and new kinds of ways to harness all that energy.”

Kislowicz said that only 23 per cent of the Ottawa respondents agreed they could get enough Jewish involvement without a synagogue membership.

“This shows they think the synagogue is important. Ottawa respondents are telling us they believe Jewish organizations are quite important to how they feel about Jewish involvement.”

The results of the study are an “opportunity to build and to grow,” she said.

For example, in the survey’s section on former synagogue members, the top three reasons cited for giving up membership are a lack of connection with clergy; a change in financial status; and unhappiness with synagogue administra-



Boomers are “interested in doing some kind of volunteerism,” says Linda Kislowicz, president and CEO of Jewish Federations of Canada – UIA

tion. “These are things we can change,” she said.

“We learn from this data that our boomer population is looking for episodic connections, Kislowicz said. “Keep in mind that relationships and caring really matter ... Each of us in our professional life has to reach out to this population.”

Summaries of the survey are available from Sarah Beutel at the Jewish Federation of Ottawa at sbeutel@jewishottawa.com.

Notice of Annual General Meeting



The Jewish Federation of Ottawa will hold its 83rd Annual General Meeting on Wednesday, June 14, 2017 at 7:00 pm in the Social Hall of the Joseph and Rose Ages Family Building. The entire Jewish community of Ottawa is invited to attend.

The Nominating Committee proposes that the following individuals be elected to serve a term of two (2) years as members of the Board of Directors of the Jewish Federation of Ottawa, serving to June 2019:

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

Continuing to June 2018 in completion of an existing two (2) year term:

Victor Rabinovitch
Hartley Stern, Chair
Danya Vered
Lenora Zelikovitz, Treasurer

The Board of Directors of the Jewish Federation of Ottawa thanks the following directors who will be completing their terms in June 2017:

Stuart Ages
Steven Kimmel, Past Chair
Jason Shinder
Arlene Wortsman

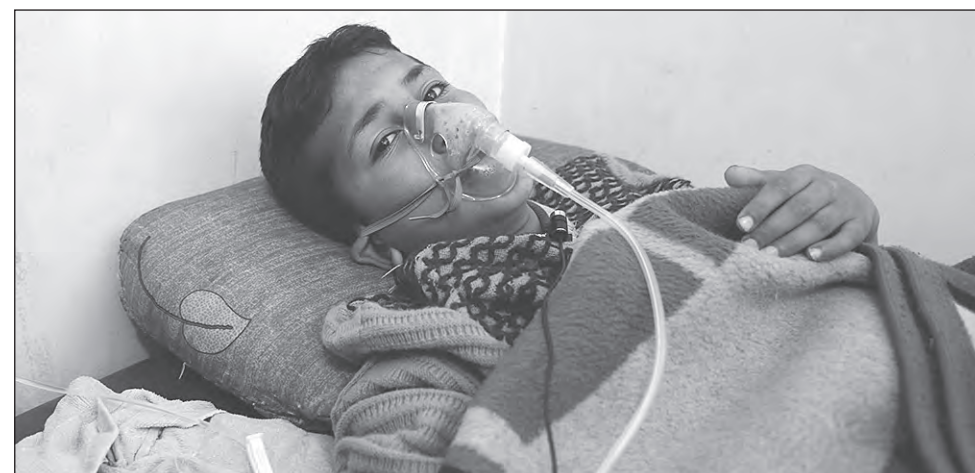
Section 11.22 of the by-laws states that “At

least thirty (30) days before the annual general meeting, the board of directors shall send the Nominating Committee report to each Full Member and invite each Full Member to provide the President and Chief Executive Officer, at least fourteen (14) days before the annual meeting, the name of any additional candidates which he/she wishes to nominate, together with a letter of support from five (5) other Full Members of the Corporation and a statement by the candidate of interest and qualifications.”

Submissions should be sent to: Rachel Abenhaim
rabenhaim@jewishottawa.com, no later than 5 pm, May 31, 2017, with the following subject line, RE: Nominating Committee Report, additional candidate.

Nominating Committee:
Donna Dolansky
Andrea Freedman, Staff
Debbie Halton-Weiss
Linda Kerzner
Steven Kimmel, Chair
Rabbi Idan Scher
Allan Shefrin
Hartley Stern

Please address any questions to
Rachel Abenhaim
at rabenhaim@jewishottawa.com



Israel-Syria border: A wounded Syrian boy being treated by Israel Defense Forces soldiers near the Syrian border on April 6. Since early 2013, the Israeli army has taken in some 3,000 wounded Syrians for treatment. Generally working at night, soldiers have provided initial medical care and then evacuated the wounded to nearby hospitals.

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Send your letters to.
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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.

Cecil Hart 1883 - 1940 **Jewish coach of the Montreal Canadiens**

By Brenna Mackay

Cecil Hart was born in Bedford, Quebec, in 1883. He was a direct descendant of Aaron Hart, widely considered to be the first permanent Jewish settler in Canada.



In Cecil Hart's memory, the Hart Memorial Trophy honours the NHL player each year "judged most valuable to his team."

A life-long sports fan, Hart managed amateur baseball and hockey teams for the Star Club of Montreal from 1900 until 1922. He was also the secretary-treasurer of the Montreal City Hockey League "judged 1910 and established an international amateur hockey tournament between Canada and the U.S. for the Art Ross Cup.

Most notably, Hart served as the head coach and general manager of the Montreal Canadiens for two terms, from 1926 to 1932 and again from 1936 to 1938. Under his leadership, the team won the Stanley Cup twice: against the Boston Bruins in 1930 and against the Chicago Blackhawks in 1931.

In 1932, Hart was fired as head coach of the Canadiens following a dispute with team owner Leo Dandurand. However, new owner Ernest Savard brought Hart back as head coach and general manager in 1936. Hart led the team to a first place finish that year in the National Hockey League (NHL)'s Canadian Division.

His success led to his being selected as coach of the NHL's Second All-Star Team.

During his tenure with the Canadiens, the team made the playoffs eight times, winning the Stanley Cup twice. He coached 394 regular season games to a career record of 196 wins, 125 losses and 73 ties. Under his leadership, Montreal finished on top of the NHL Canadian Division five times.

With the team struggling at the bottom of the NHL standings, Hart retired as coach and general manager of the Montreal Canadiens during the 1938-'39 season.

Hart then took on a new leadership opportunity as vice-president and treasurer of the Quebec, Ontario and Vermont Baseball League until his premature death at the age of 56 in 1940.

The Hart Memorial Trophy, honouring the NHL player each year "judged most valuable to his team," honours Cecil Hart's memory. The original Hart Trophy was



donated to the NHL in 1923 by David Hart, Cecil's father. The original trophy was retired in 1960 and was replaced by the Hart Memorial Trophy.

In 1992, Cecil Hart was posthumously inducted into the International Jewish Sports Hall of Fame in Netanya, Israel.

Next in the series

David Lewis 1909 - 1981

David Lewis was leader of the New Democratic Party of Canada from 1971 until 1975. To date, he is the only Jewish leader of a federal political party in Canada



Submit an essay

To help mark Canada's 150th, we are welcoming personal essays from readers. Please share with us! What does it mean to you to be Jewish in Canada? As a Canadian Jew, what do you hope for our future? Is there anything special in our Canadian history that has impacted you as Jew?

Please note, submission should be about 300 words and will be edited for style. Send submissions to: mregenstreif@ottawajewishbulletin.com

FEDERATION
REPORT



DEBBIE SCHARF
TORAH DAY SCHOOL OF OTTAWA

Torah Day School of Ottawa: academic excellence, Torah values, and school community

tion will implement in the next two-to-three years.

Over the past six months, the Board has worked to establish a framework for our strategic plan that centres on the three key pillars that define Torah Day: academic excellence, Torah values and school community. Together, these three pillars set Torah Day apart and define the value proposition of our school. Torah Day provides children with high-quality general studies and Judaic education, a deep and lasting grounding in Torah values and the support of a close-knit and dedicated community of families who are engaged in the school and its activities.

The Board recognizes that we cannot deliver on our value proposition without foundational supports. That is why the strategic plan includes four corner-

stones: faculty and administration, facility, finance and governance. By investing in excellent teaching and administrative staff, having a facility that meets academic and extracurricular needs, building strong Board governance, and stabilizing finances, we have the necessary ingredients to bring our value proposition to life.

The Board recently completed a parent consultation on the goals of the strategic plan. Parents engaged constructively in debate and discussion, providing valuable feedback to the Board. The results of the consultation will be used to refine the plan before finalizing it later this spring.

The strategic plan is among Torah Day's "year one" priorities for our unified school. We are pleased to have seamlessly completed the integration of

staff and students, installed new and experienced leadership by way of our principal and vice-principal, and implemented curriculum enhancements like enriched French, a resource program and music education. The Board's focus for the remainder of the school year is to complete its "year one" priority tasks. These include establishing clear curriculum benchmarks, instituting enhanced methods to measure student achievement, increasing mentorship opportunities for faculty and augmenting communication between the Board and our parent body.

Great organizations also have another thing in common – they never stop striving for improvement and they never settle for anything less than excellence. These are the guideposts for the Board and administration of Torah Day. Like every institution, we face challenges and the occasional detour before getting on course again. Nevertheless, we are committed to the journey, and to our vision of making Torah Day the preferred destination for those who, like us, value a high-quality education and an unwavering commitment to helping our children acquire both the tools needed to lead a Torah life and the skills needed for life long success.

As we finalize the plan this spring, stay tuned to find out more about what Torah Day has to offer.

Great organizations all have something in common – they know where they are going and have a clear roadmap to ensure that they get there. That is why the Board of Directors of Torah Day School of Ottawa has been dedicating significant efforts to building the school's first-ever strategic plan. The plan lays out a vision of the future, outlining our key long-term goals, the indicators to track progress towards those goals, and the priorities the Board and administra-

GUEST
COLUMN



RABBI REUVEN P. BULKA
KIND CANADA GÉNÉREUX

National kindness initiative launched

Another issue within that genre is workplace harassment. Too many workplaces fall prey to what might be termed "adult bullying." The victims of workplace bullying dread going to work, dread the time they are working, and go home emotionally drained. That does not augur well for the home environment, and the children who grow up in that environment.

Over 10 years ago, we launched Ottawa Kindness Week, an initiative which is ongoing. The logic behind this is that telling people to not do this, or not do that, meets with limited success. Try telling a child to keep away from a cookie. Often, this becomes the child's focus and, instead of solving a problem, we exacerbate it.

So, we tried a "back door" approach, by promoting kindness as the way to be. Hundreds of schools have embraced this tactic, with varying degrees of success. About two years ago, with the help of a few very generous individuals, we were able to launch a new organization, called Kind Canada Généreux.

Truthfully, the world does not need new organizations, and there are plenty of groups doing very kind things. KCG, as we sometimes lazily call it, has a different agenda, which is to generate kindness on a national platform.

Our major initiative is to develop a Kindness curriculum for Grades K-12 that

would be implemented in every school in the country. This is an ambitious goal, but the rewards of success are enormous.

To actually inculcate kindness in the vocabulary of the next generation of Canadians would reverberate in so many positive ways, effecting elimination of bullying, and highlighting the benefits of niceness in schools and homes, as well as other places of engagement.

Studies highlight the impact of kindness on both physical and mental health, on relationships, on volunteerism, on virtually every facet of human endeavour. Kindness, it turns out, hits on all cylinders, effectively addressing some of the major issues we face here in Canada.

Also on our agenda are workplace initiatives, and the establishment of Kindness Week as a truly national endeavour. These are not inexpensive items, but the benefits are potentially huge, including significant savings in health care costs, absenteeism in the work place, drug use, etc.

We are now a registered charity, able to issue tax receipts, and we welcome your support. Our address is Kind Canada Généreux, 38 Auriga Drive, Suite 12, Ottawa, Ontario K2E 8A5.

Our goal is to make Canada the world's kindest country. With your help, we can do it.

The From the Pulpit column will return next issue.

We live in a great country. Yet, as great a country as Canada is, we are not problem free. Admittedly, our problems are not be as severe as countries living under constant threat, but try telling that to people experiencing the problems.

So, what are the problems? For some, it is serious health issues. For others, it is pressing issues related to adequate income. Unhappiness, addictions, etc., are likewise top-of-mind concerns. As good a world as we live in, it is not a perfect world. We try our best, as individuals, and as a community, to address these matters.

Then there are issues that I put in a separate category – those related to matters over which we can have more control. Consider the matter of bullying in schools. This issue continues to haunt, and is being addressed with great vigour. Yet the problem persists.

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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

Generation to generation – some issues are perennial

As Stephanie noted, issues of the Ottawa Jewish Bulletin published between 1937 and 2009 are now available online at <https://archive.org/details/ottawajewisharchives> (by the way, thank you, again, Saara Mortensen and the Ottawa Jewish Archives for bringing that project to fruition) – while all issues since September 2007 are available in the Library section on the Bulletin website at www.ottawajewishbulletin.com.

I was specifically taken with this observation of Stephanie’s: “We think that what our community is going through is unique to now, that it’s our fault, that we need to strike a new committee or devise a new program or do better outreach. All those things are probably true to some extent, but the underlying challenges and fears have been there for decades.”

Stephanie made that observation by looking at issues of the Bulletin published about once every 10 years beginning in 1945, and noticing that many of the concerns faced by Jewish mothers of young children over the generations are the same or similar to many issues faced by Jewish mothers of young children – such as herself – now.

I had a similar observation six years ago after attending one of the Jewish Federation of Ottawa’s openOttawa events.

The openOttawa process was a series of meetings and reports aimed at engaging young Jewish adults in the community. It was the beginning of what is now the Federation’s well-established Emerging Generation division.

In my May 30, 2011 Bulletin column, I noted that “while the openOttawa discussion was fascinating, I couldn’t help but be reminded of how similar the discussion was – minus, perhaps, the Facebook, Twitter and website references – to discussions I was party to in Montreal during the 1970s and ‘80s when I was in that age group. And mine was hardly the first generation to have that discussion.”

My generation, of course, is the baby boomers who are the subjects of the survey, the results of which Linda Kislowicz discussed in her presentation.

There were no big surprises for me in the results of the survey. We want to be engaged in the community in ways we find interesting; we care about making a difference; and, like the generations that

came before us, and like the generations that have followed us, we have changing understandings of how we define ourselves as Jews.

I suspect that, if the millennials are surveyed when they reach the ages we boomers are now, the results will be similar.

As I mentioned, some issues of concern are perennial. One of the major issues we’ve continuously covered over the years I’ve edited the Bulletin is Jewish education in Ottawa – and one of the most pressing concerns in recent years has been the fluctuating levels of enrolment in both day schools and supplementary schools. Although there have been some encouraging signs recently, enrolment levels have generally declined over the past couple of decades.

But, as I discovered when I was perusing archived issues of the Bulletin, this is not a new concern.

The February 7, 1941 issue featured an editorial entitled “Educating The Next Man’s Children” in which the author (the editorial was unsigned, but I believe it was written by Rabbi Oscar Z. Fasman, Ottawa’s community rabbi at the time) lamented that most parents in the Ottawa Jewish community of 76 years ago were opting to send their children to public rather than Jewish schools. Now doesn’t that sound familiar?

A story and a column in this edition of the Ottawa Jewish Bulletin got me thinking about how some issues of concern to the community are perennial – even if every new generation that comes along thinks that certain concerns are unique to them.

The story is Louise Rachlis’ report on page 4 about a presentation delivered by Linda Kislowicz, president and CEO of Jewish Federations of Canada – UIA, on the results of a national survey of Jewish baby boomers (those born between 1946 and 1964). That is the demographic group to which I belong, so the survey’s questions and answers are of personal interest.

The column is Stephanie Shefrin’s “Modern Mishpocha” on page 22.

IDEAS AND IMPRESSIONS



JASON MOSCOVITZ

Scenes from my daughter’s Jerusalem neighbourhood

Jerusalem’s sky-high prices force young professionals, with two incomes and young children, to lower their expectations significantly. If living in Jerusalem proper is what they want, it often means buying small condos in buildings with no elevators constructed in the early-1960s. There is no reserved parking either, as, back then, there were so few cars that parking garages weren’t on anyone’s radar.

With the explosion in the number of Israelis now driving, the narrow streets further complicate things. The only way to park is by encroaching on sidewalks. Walking a baby in a stroller can mean navigating around and between parked cars. Coming home with groceries to buildings with no elevators can mean managing the baby, the stroller and the groceries while climbing five flights of stairs.

Most condos don’t have a place for dishwashers and, often, only have showers because bathrooms are too small for bathtubs. There is no griping about it. There is a stark awareness that reduced living space is a fact of life for most Israelis.

In Kiryat Hayovel, children share

bedrooms. As children get older and genders are different, physical dividers are sometimes used. Parents sometimes give up the master bedroom to make more space for children to share.

Many of the condo owners – lawyers, teachers, young doctors and high-tech experts – came to Israel from the United States, Canada, France, Great Britain and Russia. Many are married to Israelis of many cultures, customs and skin colours. Modern day Israel is a tremendously diverse blend of Jewishness.

Residents in the neighbourhood range from very religious, to observant, to not observant. The one truly unifying link is the Hebrew language. People from different countries tenaciously speak to their children in their mother tongues, but, almost always, they speak to each other in Hebrew.

It was strange to see my daughter speak Hebrew to an American Israeli from Boston. On a bus, he was speaking to his children in English, but when he talked to my daughter, they spoke in Hebrew. Afterward, I asked Emmanuelle why. She told me he hadn’t been in Israel as long as her and, at the beginning, she didn’t want

to discourage his efforts to speak in Hebrew. Now, she says, it is hard to make the switch.

My daughter’s mother tongue is actually French. She speaks French to Shalev, while his father and everyone else speak to my grandson in Hebrew. While it is now commonplace to hear French in Israel, especially with rising numbers of olim from France, it is most unusual to hear an Israeli toddler with a Québécois accent. The Israelis from France get a real kick out of my grandson. You can see them “take in the show” in a restaurant as they strain to listen to his soft voice.

To alleviate small living quarters, Israel has lots of beautiful parks with high-end innovative play structures. There are four parks in my grandson’s neighbourhood. He knows them all by name and he enjoys each of them. All four have one thing in common: a stunning number of young children running around playing.

It’s amazing to sit on a park bench and watch. It makes you feel that you are in a young country. You can’t help but feel it. The sounds of playful banter of toddler and pre-teen exuberance overtake you. I have no recollection of Ottawa parks being that active when my children were young.

And, clearly, when my children were young, I never thought I would see the next generation being French-speaking Israeli-Canadians with Québécois accents.

Although this year wasn’t my first family Passover in Israel, it was my most special. I watched Shalev, my 27-month-old grandson, shyly, but determinedly, say enough of the Four Questions to know he will have it under his little belt next year – and I would so like to be there.

Visiting Israel as a father and grandfather is a chance to catch those precious milestones. And staying with family in a family neighbourhood provides insight on a slice of Israeli life. Far removed from tourist stops, I lived daily life in the Jerusalem neighbourhood of Kiryat Hayovel.

Canada’s tough real estate market for first time buyers helps relate to a relatively worse situation in much of Israel.

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A Kaddish for Joe

As my father – Joseph Osterer – was getting older, my family decided that it would be best if we transitioned him to Hillel Lodge by taking him to Shabbat services there. I would pick “Reb Yossel” up at his Playfair apartment and, with the widest grin, he would turn to the doorman and proudly exclaim, “My Kaddish is here!” Laughing, he would then get into my beat up Ford Focus and promptly ask me when I bought the new car.

Joe took immense pride in leading prayers and helping first time mourners with tallit and tefillin rituals. His life eventually segued to residency at the Lodge, where, through the kindness of Rabbi Levy Teitlebaum and Issie Scarowsky, he was afforded the opportunity to participate in Shabbat morning services. He was able to recite the Torah blessings until three months before his passing on May 19, 2016.

So, when the end came, I knew what I had to do. My Hillel Academy education a half-century ago had prepared me for this time. I was familiar with the morning and afternoon liturgy, and could recite the Kaddish prayer, although the Kaddish D’Rabanan proved more problematic.

But could I hold up for the required 11 months? I read a sympathetic column in the Canadian Jewish News, and the author convinced me that, with some planning, it would be possible to find a minyan at least once a day.

We live close to Beit Tikvah, and given my 8 am start at Merivale High School, their early morning minyan was my only chance to make this work. Rabbi Howard Finkelstein, Cantor Yair Subar and their minyan regulars welcomed me warmly and encouraged my efforts. One quickly bonds with others saying Kaddish – William and Catherine Moss and Alan Brass became friends.

Since evening services at Kehillat Beth Israel are at a fixed time, I often attended there with my wife Sheila. We were greeted by Rabbi Eytan Kenter and Cantor Daniel Benlolo, as well as by Moe Segal z”l and Len Potechin, who were good friends with my dad. Their humanity and understanding made the first month of Kaddish so much easier.

Attending a conference in Toronto, I found minyans at the Miles Nadal JCC and at Beth Sholom Synagogue across from the Eglinton West subway station. I was able to attend Mincha/Ma’ariv services following my niece’s wedding at Beth Emeth Bais Yehuda Synagogue in North York.

Cantor Subar kindly said Kaddish for me during a European commitment that I made with my school before my dad’s passing. I found synagogues in Rome, Florence and Venice and said Kaddish there, but not with a minyan as security issues continue to plague all

IRV OSTERER GUEST COLUMN



The late Joe Osterer enjoyed helping first time mourners with tallit and tefillin rituals.

Jewish points of reference, and Italy was on a high terrorist alert.

I returned from Europe and finished saying Kaddish on April 6, a day after my 64th birthday, and was called to the Torah for an aliyah. Cantor Subar, noting my Hebrew name, Yitzchak Pesach, said that the timing was highly appropriate, since Passover was approaching and Pesach is the only yom tov that is also a first name in the Jewish tradition.

I have to admit, I felt a tinge of sadness at the end – but also some pride in doing something I knew my dad would have wanted me to do for him.

We celebrate Joe’s Yahrzeit and the wonderful memories of a wonderful, kind-hearted and generous man on the 11th of Iyar. He would be pleased that I no longer fumble the Kaddish D’Rabanan.

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40th Anniversary of Star of David School
School has been supporting JNF since it began

In 1986, Hennie Honigman, principal of Star of David School, was the first of three Ottawa educators to be awarded the prestigious Esther and Eric Exton Educational Award. She was followed by Doris Bronstein in 1993 and Ruth Lebovich in 2010. The award was instituted by Eric Exton, National President of JNF Canada from 1980 to 1982, in recognition of the high value associated with creative Jewish education.

Hennie says the JNF shaliach (male emissary), Amitai Sandbank, encouraged *her* to be the shlichah (female emissary) and visit schools. Hennie would visit the schools to talk about Israel and the trees and JNF. Her commitment to Israel was so strong that she and her late husband Lou chose to perpetuate their dedication to Israel by undertaking two projects in the Galil.

Now, 40 years later, she recalls how the Star of David School always bought trees, kept records of all of the students who received a certificate, and continues the tradition every year of buying trees for her children and grandchildren.

Yasher koach to Hennie Honigman on 40 years of teaching children to plant trees in Israel.

Learn how the 1967 Six-Day Victory shaped the Nation of Israel

Starting on May 9, for six weeks, journey to the heart of the impact the Six-Day Victory had on modern day Israel. Taught from the perspective of ethics and Halachah, this Ottawa Torah Centre course led by Rabbi Menachem Blum – and co-sponsored by JNF Ottawa – will provide a unique lens through which to gain new insights. Sign up today. Call 613-843-7770.

Sefer B'nei Mitzvah

Ryan Malek, by his grandparents, Ethel and David Malek and Lillian and Bryant Steinberg

Aviv Waldman, by her parents, Shira & Eyal Waldman

Abby Shmorgun, by her parents, Elianna Saidenberg and Doron Shmorgun

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GRABOWSKI LECTURE

Professor Jan Grabowski gave a riveting lecture on the Polish Blue Police on March 22 at the Soloway Jewish Community Centre. His research on this subject is the basis for a soon-to-be-published book.

The information Grabowski has uncovered does not sit well with the current Polish government, which has fired a couple of Grabowski's academic colleagues in Poland and severely discouraged their students from unearthing similar and additional information.

Grabowski said that when Nazi Germany invaded Poland in September of 1939, the Polish Police were drafted to work for the Nazis and were provided with blue uniforms – and became known as the Blue Police. There were approximately 20,000 Blue Police and they brought upon the Jews increasingly worse hardships and evil. The Blue Police arrested Jews, performed extortions, and then shot Jews they had captured. The Blue Police, under “German leadership murder apprenticeship,” became murderers.

According to Grabowski, the Institute of National Remembrance in Warsaw, Poland, has misrepresented the activities of the Blue Police, but that he had no difficulty finding correct information via official

documents in various archives, and in discussions with various authorities, which provide ample evidence of what really happened in Polish locations such as the Opoczno Ghetto in 1941.

Grabowski said that, in 2013, an organization in Poland actually erected a monument in memory of several Blue Policemen who had been shot by the Germans on the site of the Krakow-Plaszow concentration camp. That monument, he said, shows insight into the distortion of historical facts in Poland, and of the present political climate there.

Elly Bollegraaf

AN ABC OF OTTAWA

I was delighted to read Louise Rachlis' excellent article (April 19) about the new children's book, *An ABC of Ottawa* by Miriam Bloom and the late Julie Mason.

The book is magnificently illustrated along with great photos of Ottawa sites. I love the selections chosen for each letter of the alphabet!

I can hardly wait to give it to my young granddaughter, but it is also worthy of adult enjoyment as gifts for those of us with family and friends who live away from our capital.

Congratulations to Miriam, who dedicated this book in memory of her dear friend, Julie Mason.

Paula Agulnik

LETTERS WELCOME

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

Send your letters to:
Michael Regenstreif
bulletin@ottawajewishbulletin.com

The Unveiling
of a monument
to the memory of
Moe Litwack z”l
will take place
Sunday, May 21, 2017
at 1:00 p.m.
Jewish Memorial Gardens
Bank Street
Family and friends
are invited to attend

The Unveiling
of a monument
to the memory of
Maynard Kriger z”l
will take place
Sunday, May 28th, 2017
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Jewish Memorial Gardens
Bank Street
Family and friends
are invited to attend

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Temple Israel to host mini-conference on rebellious aging

BY LOUISE RACHLIS
FOR TEMPLE ISRAEL

Everyone is invited to Temple Israel on Sunday, June 4, 9:30 am until 12:30 pm, for “The Aging Rebel: Retaining Our Power,” a “rebellious discussion on life’s third act” and “mind-blowing ideas and discussion about aging.”

“We know that aging is not for sissies,” said Fran Klodawsky, who proposed the theme of the “Aging Rebel,” as part of Temple Israel’s 50th anniversary panel series.

“There is a growing feeling that the positive aspects of aging for those over 55 have been under-valued,” she said, “and that, as a consequence, there has been too great an emphasis on safety and not enough on autonomy.”

A Jewish perspective on the “Aging Rebel” theme will be the subject of a keynote talk by Rabbi Rob Morais.

The second keynote speaker is Dominique Dennery, a powerful and inspiring advocate of “rebel aging.”

“The theme comes out of a personal place for me,” said Klodawsky, a Carleton University professor.

“It goes along with my understanding of Judaism as a religion of delving deeply into how we embody Jewish teachings personally and as a community,” she said, “as well as Reform Judaism’s



“There is a growing feeling that the positive aspects of aging for those over 55 have been under-valued,” says Professor Fran Klodawsky of Carleton University.



A keynote address by Rabbi Rob Morais will discuss a Jewish perspective on the “Aging Rebel.”

Dr. Gary Viner, on doctor-assisted death; Arnold Finkelstein of AJA 50+ on the joys of volunteering; psychologist Norman Greenberg on community-based alternatives; Janet Torge, an advocate of “Radical Resthomes”; social worker Tamara Sussman on isolation among seniors; gerontologist/psychiatrist Dr. Anne Hennessey on the benefits of mindfulness; and psychologist Orly Rumstein with expertise in couples therapy.

“We rebels are overturning longstanding assumptions about what it means to grow old,” said Dennery, who is also an entrepreneur, professional coach and facilitator, and mentor of young people.

“Where ‘grow old’ used to mean aging and decaying, rebels take it to mean growing as we get older and sage-ing as we grow bolder,” she said.

“Rebels lead meaningful lives by growing, by learning anew and expanding what we know. Often our later lives look nothing like those we lived earlier.”

“The Aging Rebel: Retaining Our Power” is planned to be a morning that is meaningful and stimulating for those over 55 as well as for younger generations.

Interested participants are encouraged to register early as space will be limited.

For more information, contact Fran Klodawsky at fran_klodawsky@carleton.ca.

particular emphasis on tikkun olam.”

As well as the two keynote speakers, experts will facilitate smaller group discussions around specific themes dur-

ing two breakout sessions. Among those who will lead discussions are Lisa Rossman of Jewish Family Services on navigating the system; Rabbi Steve Garten, highlighting issues of spirituality;

62nd ANNUAL GENERAL MEETING

THE BESS AND MOE GREENBERG FAMILY HILLEL LODGE / OTTAWA JEWISH HOME FOR THE AGED
THE JOSEPH AND INEZ ZELIKOVITZ LONG TERM CARE CENTRE, 10 NADOLNY SACHS PRIVATE

WEDNESDAY, MAY 24, 2017 - 7:00 pm

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

BUSINESS AGENDA

Annual General Meeting

- Welcome – I. Kreisman
- Greetings from the Jewish Federation of Ottawa
- Greetings from the Long-Term Care Foundation – M. Miller
- Adoption of Annual General Meeting minutes – May 26, 2016
- Business Arising – from previous AGM, May 26, 2016
- Amendments to the Bylaws – I. Kreisman
- Approval of actions taken by the 2016/2017 Board
- Treasurer’s Report – E. Adler
- Appointment of the Auditors 2017
- Appointment of the Signatories 2017/2018
- Thank you to Outgoing Board Members – I. Kreisman
- Report of the Nominating Committee – S. Saslove
- Election of incoming Board 2017/2018
- Election of Officers 2017/2018
- Award winners 2016/2017 – S. Saslove
- Medical Director’s Report – Dr. D. Levine
- Report of the President – I. Kreisman
- Report of the CEO – S. Schneiderman

BOARD OF DIRECTORS - 2017/2018

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

BOARD APPOINTEES:

- Auxiliary Representative - Rosalyn Fremeth
- Long-Term Care Foundation Representative - Russell Kronick
- Family Council Representative - TBD

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2nd Vice-President – Jack Cramer
Treasurer – Elayne Adler
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Member-at-Large – Heather Evenchick

PAST PRESIDENTS

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

FURTHER NOMINATIONS: Additional nominations may be made by any member in good standing of the Corporation. Such nominations may be made at any time up to fifteen (15) days prior to the date fixed for the Annual General Meeting, by mailing the same to the above address, attention: Stephen Schneiderman. All such nominations must be in writing and signed by the nominee and by at least twenty (20) members in good standing of the Corporation. There will be proposed changes to the existing By-laws of the Ottawa Jewish Home for the Aged, otherwise known as the Bess and Moe Greenberg Family Hillel Lodge at the 62nd Annual Meeting, Wednesday, May 24, 2017. To request a copy of the summarized amendments and/or the revised By-law document, please call the Lodge at 613-728-3900. The notice of the AGM will also appear on www.hillel-ltc.com.

2016/2017 AWARD WINNERS:

Outstanding Service Award – Zemer Lach Choral Group • Thelma Steinman Direct Service Award – Joel Yan • Shalom Perel President’s Award of Merit – Stephen Saslove

Refreshments to Follow

Richard Marceau to tell the story of his 'journey of a lifetime' at Emunah event

BY MARSHA KAISERMAN
EMUNAH OTTAWA

As general counsel and senior political adviser at CIJA, the Centre for Israel and Jewish Affairs, and a former member of Parliament, first elected in 1997 and twice re-elected, Richard Marceau is well known within the Canadian Jewish community.

How Marceau came to be a Jewish activist is a fascinating story and will be the topic he addresses at Emunah's Family-in-Israel event this year. Marceau's talk, "Journey of a lifetime: The unlikely making of a Jewish activist" is co-sponsored by Emunah and Congregation Beit Tikvah.

Marceau is a lawyer and member of the Barreau du Québec and the Law Society of Upper Canada. He is a graduate of the law schools at Université Laval and the University of Western Ontario, and the École Nationale d'Administration in France.

Marceau is the author of *Juif, une histoire québécoise* – published in English as *A Quebec Jew: From Bloc Québécois MP to Jewish Activist* – for which he received the Helen and Stan Vine Canadian Jewish Book Award in 2012. [A review of the



Richard Marceau will discuss his journey from Bloc Québécois MP to Jewish activist at Emunah's Family-in-Israel event.

book by Ottawa Jewish Bulletin editor Michael Regenstein in the April 2, 2012 edition of the Bulletin can be accessed through the Bulletin website. <http://tinyurl.com/lax7k5w>

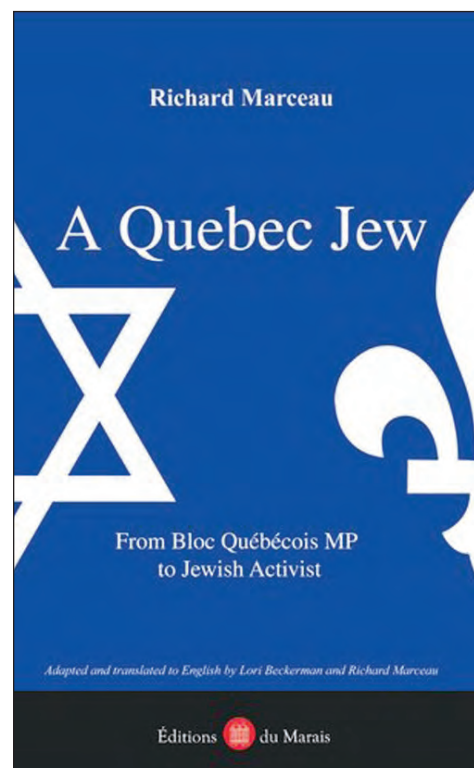
In collaboration with Rabbi Adam Scheier of Congregation Shaar Hashomayim in Montreal, Marceau compiled and edited the *Canadian Haggadah Canadienne*, published in 2015, which received worldwide acclaim.

Marceau was the recipient of the Canadian Jewish Congress' Saul Hayes Human Rights Award in 2004 and the Republic of Poland's Silver Cross of Merit in 2013.

The event will also include an address by Rabbi Howard Finkelstein of Congregation Beit Tikvah and the debut performance of the Kol Miriam Choir conducted by Gale Davidson.

The Family-in-Israel event will be held Sunday, June 4, 7 pm at Congregation Beit Tikvah. Admission is \$18 and refreshments will be served. Both men and women are welcome to attend, but the choir performance will be for women only.

To RSVP, call Rivka Kraus at 613-241-5613 or send an email to Marsha Kaiserman at marsha.kaiserman@rogers.com.



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Sunday, June 4, 2017:

Save the date

The Aging Rebel: Retaining Our Power, Mini-Conference, 9:30 am to 12:30 pm. Info: 613-224-1802 #5.

Sunday, June 25, 2017:

Concert featuring cellist Nina Gordon, flutist Camille Churchfield and pianist Dina Namer, with works by several Jewish composers, 2 pm. See article in this issue.

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The Chair and Board of Directors of the Ottawa Jewish Community Foundation cordially invite all fund holders and members of the Community to attend the

OJCF Annual General Meeting Wednesday, June 7th, 2017

**Call to Order: 7:00 pm
with Desserts and Light Refreshments**

Zelikovitz Family Social Hall of The Joseph and Rose Ages Family Building
21 Nadolny Sachs Private

Any two members of the Corporation may nominate additional directors at any time up to seven days prior (May 31st, 2017) to the meeting so long as such nominations are made in writing and deposited with the Secretary of the Foundation (info@ojcf.ca).

Successful candidates will serve a three-year term from June 2017 to June 2020. Nominations will not be accepted from the floor at the Annual General Meeting.

~~~~~

**Members shall have the right to exercise one vote each. Any member may, by means of a written proxy, appoint a proxy holder to attend and act in the manner and to the extent authorized by the proxy. A proxy holder need not be a member.**

~~~~~

RSVP prior to May 30th, 2017 to
Shelaine Chapple at 613-798-4696 ext. 252, or at schapple@ojcf.ca



A copy of the meeting materials will be available on our website prior to the AGM.

"Investing in our Future"

www.OJCF.ca

'The most impactful and important journey of my life'

Cynthia Sedlezky, a 2015 participant in the **March of the Living**, reflects on an experience she wishes all Jewish youth could share.

One conversation and I was propelled inexorably towards a set of values, way of thinking, and infinite relationships that, at that time, I could not have possibly predicted or expected.

It was a warm afternoon at Camp B'nai Brith of Ottawa. I was sitting under the shaded roof of the arts and crafts shack with Jordan Geist. Jordan had been on the March of the Living in 2014, and I asked her what it was about.

My question could not have pleased her more, and she related an exuberant procession of stories and memories over the next 20-odd minutes.

After my conversation with Jordan, I was quickly writing letters home asking if I could participate in the next March of the Living.

This story is in not unique. Asking any March of the Living participant about their experience is bound to be an experience on its own.

The extreme emotion felt, and the tremendous self-discovery that occurs over the two-week expedition is impossible to relay in words, though attempts result in passionate, nostalgic reminiscing.

Our Ottawa group joined with groups from other parts of Canada who formed the Coast-to-Coast Contingency at Pearson Airport in Toronto to fly to Poland on a chartered airplane.

We spent significant amounts of time touring in Poland and learning about the

rich Jewish life that used to exist there – which made what we saw next all the more heartbreaking.

Our excellent tour guide, Jonathan Duitch, provided us a personal connection to the history of the Holocaust. He introduced us to survivors who shared their compassionate stories and powerful memories as we made our way through a series of concentration and death camps, including Auschwitz, Plaszow, and Treblinka.

Each evening our group would debrief in our hotel about what we saw and learned, and it was surprising to see how each person had a slightly different reaction. During our discussion after we visited Treblinka, my new friend Dani Taylor was telling our group about the immense anger that was building inside her since being exposed to the facts and stories that day, while my reaction at that point was more of sorrow and disbelief. Our chaperones – including Gaby Scarowsky and Margot and Norm Viner – made us feel supported and cared for, and we developed close relationships with them.

After a week in Poland, we boarded a plane to Israel. There, we enjoyed the triumphant feeling of being home and surrounded by our people. Our appreciation for the State of Israel was then of the utmost magnitude, incomparable to any other point in our lives. Meeting Israelis and learning about the contrasting lifestyles of other people was illuminat-



Cynthia Sedlezky, in the foreground at Auschwitz during the 2015 March of the Living, says the experience changed both her connection to Judaism and her outlook on the world.

ing. It put our lives and our respective peaks and valleys into perspective.

March of the Living changed both my connection to Judaism and my outlook on the world.

It has been two years since our March of the Living journey, but I feel its impact every day. The way I perceive and react towards foreign conflict has not been the same since, as well as my sensitivity to all forms of discrimination, regardless the victim.

I wish this message could reach every Jewish youth in the world, as this trip has been, and likely will remain, the most

impactful and important journey of my life. I wish everyone could have such an influential experience.

Through the people I have met, the life lessons I have learned, and the values that were solidified, the March of the Living has played a pivotal role in inspiring me to help make the world a more liberated, inclusive and cohesive place for generations to come.

For more information about March of the Living, contact Nathalie Abenheim at nabenheim@jewishottawa.com or 613-798-4696, ext. 355, or visit www.marchoftheliving.org.

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CHW to honour Naomi Lipsky Cracower

BY RUTH KAHANE-GOLDBERG
AND MERLE HALTRECHT-MATTE
FOR CHW

Naomi Lipsky Cracower will be honoured by CHW (Canadian Hadassah-WIZO) for her contribution to children, healthcare and women at a tea on Sunday, June 4, 2017 at the home of Elissa Iny, 38 Metropole Private.

The event will be hosted by the Amit, Mollie Betcherman and Ina McCarthy Chapters. Proceeds from the tea will be directed to a new therapeutic centre near Netanya, Israel at CHW Hadassim Children and Youth Village, a safe haven for neglected and abused children removed for their safety from their homes.

Naomi's involvement with CHW began when she and her husband Allan moved from Montreal to Ottawa in 1972. She joined the Henrietta Weiss Chapter and became a life member of CHW.

Naomi grew up surrounded by yiddishkeit, Zionism and the spirit of volunteering. As chapter president and public service chair on CHW's Ottawa Council, she excelled in carrying out fundraising projects and developed strong, long-lasting friendships.

Professionally, Naomi taught art at the University of Ottawa and Algonquin College and became an art and supply teacher at Hillel Academy. For 24 years, she enjoyed working to develop creativity in children from preschool to Grade 8, and today enjoys hearing about her former students.

Naomi organized art shows for the National Council of Jewish Women and became that organization's president. She helped form the Jewish Artists Guild and served on the boards of the Jewish Community Centre, Tamir, the Hillel Academy PTA, and UJA Women's Division. She chaired JNF Tu B'Shevat telethons and Blue Box campaigns and was Canada's representative at an educators' conference in Metula, Israel.

Naomi chaired Partnership 2000 (now Partnership2Gether), which twins Ottawa's Jewish community with communities in northern Israel, and chaired the State of Israel Bonds Women's Division. She spent four years as president of the Hillel Lodge Auxiliary and served as a JNF Ottawa board member for 30 years.

Naomi also chaired the Ladies Reception Committee for Newcomers

(welcoming Jewish women to Ottawa) for several years and was co-chair of the 38th Yom Ha'Atzmaut celebration of the State Israel's independence. She also chaired the Yom Ha'Atzmaut celebration in honour of Israel's 50th anniversary in 1998.

In the broader community, Naomi was community co-ordinator for the Heart and Stroke Foundation and canvassed for the Arthritis and Cancer Societies.

In 2004, Naomi was the recipient of the Jewish Federation of Ottawa's Shem Tov Award, which "recognizes an outstanding volunteer for a lifetime of service dedicated to the betterment and enrichment of Jewish life in Ottawa."

Naomi has passed her strong connection with Israel to her two children and four grandchildren and said it is her "special pleasure" to see them involved with Israel. One of the highlights of connecting to Israel was celebrating her Bat Mitzvah at the southern wall in Jerusalem on the occasion of her 65th birthday.

"The State of Israel has played an important part in my life. I have long been in awe of its history and remarkable people, who provide the Jewish people



Proceeds from the tea honouring Naomi Lipsky Cracower will support a new therapeutic centre at CHW Hadassim Children and Youth Village in Israel.

with much inspiration and pride," she said.

CHW invites the community to attend the tea on June 4. Donations may be sent to CHW, 1301 Prince of Wales Drive, Ottawa, Ontario K2C 1N2.

For more information, or to arrange transportation to the tea, contact CHW Ottawa Centre at 613-699-0802 or info@Ottawa.CHW.ca.

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Sunday, June 4 • 3 to 6 pm

Co chairs:
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Galit Sternthal

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Merivale High School: Merivale High School's Jewish Culture Club celebrated its second annual Merivale Matzo Brie Fry, April 13, during Passover. Students were shown how to prepare traditional matzo and eggs – as well as several variations on the theme.



Chabad Hebrew School: Chabad Hebrew School students enjoyed a "Pesach Escape Room: The FredoMan Files," an "Exodus Experience" while preparing for Passover, April 2.



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CHW NATIONAL CENTRE

☎ 1.855.477.5964

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Westboro Jewish Montessori Preschool: Families of the Westboro Jewish Montessori Preschool gathered, April 5, for a singalong model seder led by guitarists Joel Yan and Miriam Caytak. Each child had his/her own seder plate, and Passover foods were served. For more information on Westboro Jewish Montessori Preschool, call Devora Caytak at 613-729-7712 or visit www.westborojewishmontessoripreschool.org



**In support of the Bess and Moe Greenberg Family Hillel Lodge
In the Joseph and Inez Zelikovitz Long Term Care Centre**

613-728-3990

Card Donations

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

On behalf of the residents and their families, we extend sincere appreciation to the following individuals and families who made card donations to the Hillel Lodge Long-Term Care Foundation between March 13 and April 19, 2017 inclusive.

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

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

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

In Memory of:

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R'Fuah Shlema:
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The mother of Louise Carriere by Lori and Mendy Taller and Merissa Loeb

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Marjorie Deschamps by Stephen and Debra Schneiderman and the staff of the Lodge and LTC Foundation

Anna Rosenfeld by June and Jerry Kurland
Ethel Naor by Stephanie Loomer and Rebecca and Seth Abelson

Florence Marcus by Jerry and Lily Penso
Betty Finkelman by Ada Glustein, Elliot Finkelman, Debbie and Stephen Schneiderman and the residents, staff and Boards of the Lodge and LTC Foundation, Paul and Sharon Finn, Erin and Michael Baker

IN HONOUR OF:
Sharon Rosentveig Mazel Tov on the arrival of your new grandson, Max Dallas by Janet and Norman Ironstone

Carol Tolchinsky Happy Birthday by Bill and Laurie Chochinov

R'FUAH SHLEMA:
Debby Krebs by Lorna and Carl Raskin
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Music for flute, cello and piano to be featured at Temple Israel

BY DINA NAMER
FOR TEMPLE ISRAEL

Music for flute, cello and piano – including works by several Jewish composers – will be featured at the next concert in the “Nancy Bercovitch Music at Temple” concert series on Sunday, June 25, 2 pm, at Temple Israel, 1301 Prince of Wales Drive.

The performers will be cellist Nina Gordon, flutist Camille Churchfield and pianist Dina Namer.

Among the works for cello and piano to be performed are Schumann’s “Fantasiestücke op.73,” Leon Souroujon’s “Spanish Lullaby,” and Paul Ben-Haim’s “Sephardic Song.”

Leon Souroujon (1913-2007) was a Bulgarian Jewish composer and violinist who studied at the Prague Conservatory and continued his career in Paris, Bulgaria and finally Brussels. German-born composer and conductor Paul Ben-Haim (1897-1984) moved to Palestine in 1933. In Israel, he became an eminent composer whose music synthesized Middle Eastern and Western musical traditions. He also was known for his beautiful instrumental arrangements of folk songs.

Other works on the program include a



Pianist Dina Namer

movement from “Sonata for Flute and Piano” by Dutch composer Leo Smit, (1900-1943) and trios by Martinu and Gaubert.

Smit was born in Amsterdam and later studied in Paris, where he was influenced by the French composers of the day. He returned to Amsterdam in 1937, but was deported to Sobibor in 1943 where he was killed three days after his arrival. The



Cellist Nina Gordon

sonata is the last work he composed before his death in the Holocaust.

Cellist Nina Gordon is associate professor of cello and chamber music at Illinois Wesleyan University. A former principal cellist with several U.S. orchestras, she has also held positions with the Israel Chamber Orchestra under Rudolf Barshai and the Israeli Philharmonic under Zubin Mehta.

Flutist Camille Churchfield joined the faculty of the University of Ottawa School of Music in 2005 after having served as principal flute with the Vancouver Symphony Orchestra for 29 years. As guest principal flute, Churchfield has played with the NAC Orchestra, Milwaukee Symphony, Seattle Symphony, Quebec Symphony and the Toronto Symphony

with whom she toured Europe. She has been heard often on CBC Radio.

Pianist Dina Namer has performed several times at Temple Israel. She has had a diverse career performing and recording a wide range of repertoire from baroque harpsichord to contemporary Canadian piano works. An adjunct lecturer at Queen’s University, with a busy private teaching studio, she performs frequently at the Ottawa International Chamber Music Festival, Festival Music and Beyond, the Queen’s University Faculty Series, and the Alexandria Festival of the Lakes in Alexandria, Minnesota. Her long association with the NAC Orchestra resulted in many chamber music broadcasts for CBC and Radio Canada.

16TH ANNUAL SPORTS BREAKFAST OF CHAMPIONS

SUNDAY, JUNE 11, 2017

11:00 am – 12:30 pm
Soloway JCC
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Children 13 and under: \$10
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Continued on page 18

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An **endowment fund** creates a legacy in support of charitable organizations for current and future generations. Funds can be opened in amounts from \$1000 and up. Your dollars will be carefully invested in fixed income and equity markets - as part of the Foundation's larger portfolio - to generate distribution income. Each year, a portion of the funds are distributed to the causes that you care about.

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

Find out more at OJCF.CA or contact **Arieh Rosenblum**, Director of Development at arosenblum@jewishottawa.com 613-798-4696 x270



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OTTAWA JEWISH
COMMUNITY FOUNDATION

Meeting Holocaust survivors is a powerful experience for high school students

BY MINA COHN
CENTRE FOR HOLOCAUST EDUCATION
AND SCHOLARSHIP

I fondly remember Mendel Good, one of the first local Holocaust survivors to share his story with students at Ottawa schools in the late 1980s. Recently, I was moved to hear George Singfield, principal of Symmes-D'Arcy McGee High School, talk about his memories of Mendel's visits to his school more than 20 years ago when he was a young teacher. Singfield described the enduring impression Mendel's words left on him and his students. What better proof that survivors' testimonials matter!

Today, as 20 years ago, we continue to bring survivors' voices to area schools, either in person or through film.

Promoting the Survivor Testimony Recording Project in local schools became a natural step for the Centre for Holocaust Education and Scholarship (CHES), once our project was completed last November. Singfield invited me to present the project during an in-school PD Day in April. Joining him were 25 teachers, the school librarian and the vice-principal. The presentation included

10 excerpts from the filmed testimonies of local survivors.

When I concluded, the teachers were emotionally moved and found it difficult to compose their words. All agreed that, given the current world climate of rising intolerance and violence, the Holocaust's universal lessons regarding the importance of standing up to hatred and discrimination are more crucial than ever. All wished to know how to invite a survivor to their classroom.

Yad Vashem's interactive multicultural Ambassador of Change program provides another important opportunity for local students to meet Holocaust survivors.

For the second year CHES, a member of Yad Vashem's Zachor Coalition, invited 50 Grade 11 students from Ottawa to participate in the Ambassador of Change Program, scheduled to take place on May 8 at the National Art Centre as part of the National Holocaust Remembrance Day program organized by the Canadian Society for Yad Vashem.

As well, 50 students each from Montreal and Toronto join the Ottawa students to hear the experiences of survivors during and after the Second



Students attending the Ambassadors of Change program on May 5, 2016 at the National listen during a discussion with a Holocaust survivor.

World War. Participating survivors in the program are from Montreal, Toronto and Ottawa. An annual event, the program encourages students to share their ideas about the dangers of unchecked intolerance, propose steps they can take to promote tolerance and understanding in their own communities, and define their own roles as responsible Canadian

citizens.

Today's students are the latest generation to experience the powerful impact of hearing from and meeting a Holocaust survivor. Participating survivors from Ottawa, Montreal and Toronto help to educate future leaders, who will cherish the value of diversity in multicultural Canadian society.

Respecting tradition

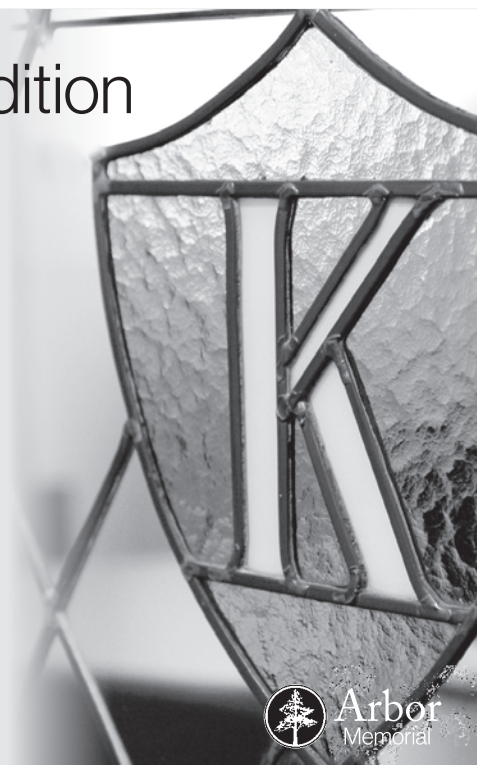
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Translated Yiddish stories serve as a social history

***The Abandoned Book and other Yiddish Stories:*
*An Anthology of PaknTreger Translations***
Edited by Eitan Kensky
Yiddish Book Center
240 pages

The Yiddish Book Center in Amherst, Massachusetts, founded in 1980, is the repository of more than a million Yiddish books that would otherwise likely be abandoned or destroyed. The story of its founding is told by founder Aaron Lansky in his 2004 book, *Outwitting History*.

In 1982, the centre began to publish a magazine, PaknTreger (parcel carrier), which contains articles, stories and poems of Jewish and specifically Yiddish interest.

PaknTreger regularly carries translations from Yiddish, and also publishes a special annual translation issue. *The Abandoned Book and other Yiddish Stories: An Anthology of PaknTreger Translations* is a compilation of stories from the magazine. In his introduction to this book, PaknTreger editor Eitan Kensky writes, "The aim of PaknTreger, and of this anthology, is to showcase the diversity of Yiddish prose."

The anthology contains 30 selections, most of them fiction, with a small number of nonfiction prose pieces.

(Disclosure: My translation of "The Destiny of a Poem," Itzik Manger's narrative about his trip to Poland in 1948 as the PEN delegate to speak at the establishment of a ghetto memorial is included in the anthology.)

The anthology is a document of transition. The title story is written by Avrom Reyzen, a well-known poet and short story writer of the early-20th century, and co-translated by Aaron Lansky and Leonard Glick, a retired

MURRAY CITRON BOOK REVIEW

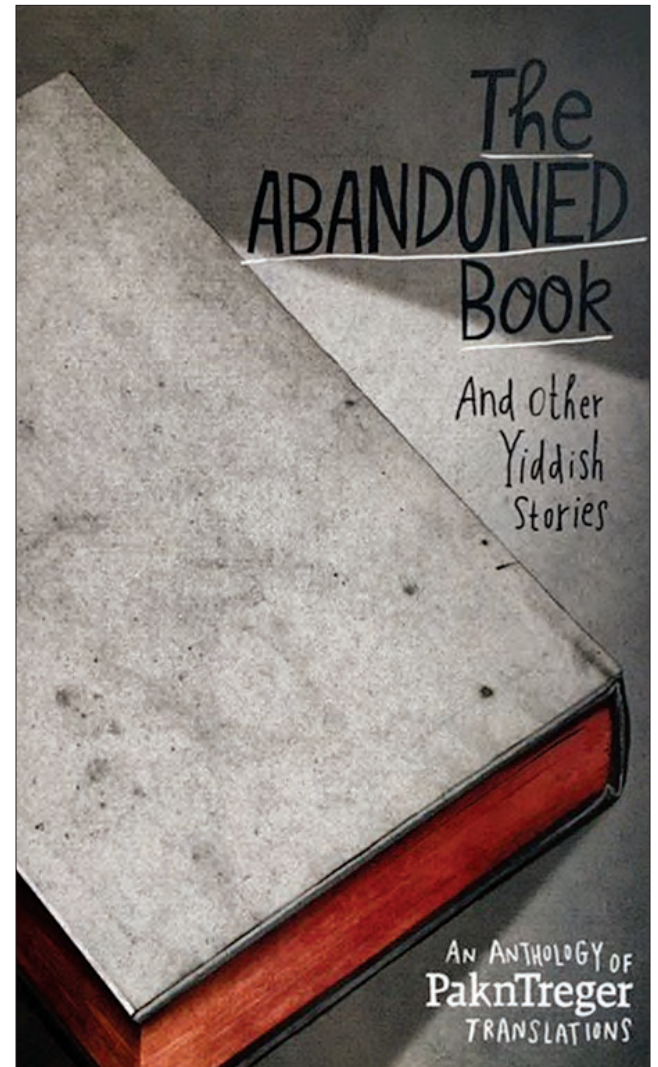
professor. The abandoned book of the title turns out to be a Yiddish Bible that Esther, the central character, reads from every Shabbos afternoon, and that she stops reading when she comes to America. There are other stories that cross the ocean, stories that stay in Europe, and stories that happen in North America.

Among the authors represented are some who remain famous – including Sholom Aleichem, Isaac Bashevis Singer and Itzik Manger – some who may have once been famous and who may become so again (depending how the translations work), and some who, apparently, have not been translated before.

The love stories are, as might be expected of Yiddish writers, ironic. There are one or two very funny sketches, and, of course, some sad ones. Canada is represented by at least two authors, Rokhl Korn and Bryna Bercovitch, both of whom settled in Montreal, and a number of translators (me included).

In addition to being a story collection, *The Abandoned Book and other Yiddish Stories* serves as a social history of the period it covers.

The book is available for purchase online at the Yiddish Book Center website – <http://tinyurl.com/PaknTreger> – and there is a copy at the Greenberg Families Library at the Soloway Jewish Community Centre.



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We can find joy even after excruciating sorrow

JERUSALEM – A Swedish movie on a Canadian flight to Israel reminded me that community and belonging are as essential to our survival as air, water and food.

How appropriate that this reminder happened on my way to Jerusalem, where I have felt a sense of community and belonging since my first trip in 2003.

The movie was “A Man Called Ove” (pronounced “OO’vuh”), based on the novel by Fredrik Backman that has become one of Sweden’s most popular literary exports since “The Girl with the Dragon Tattoo.” I enjoyed the book last year, but the film packed even more of an emotional wallop.

The central character is a 59-year-old curmudgeon at war with the world. He argues with grocery store clerks, berates his neighbours for violations of rules that only he obeys, punches a hospital clown whose tricks annoy him, and hasn’t spoken to his best friend in decades for a petty reason that is not revealed until later in the film.

I’m not spoiling anything by revealing that Ove, whose wife died six months earlier, keeps trying to commit suicide to join her. But, despite planning every detail and dressing for each attempt in his best suit – a bit tight around his flabby middle – he is constantly interrupted in his pursuits.

His chief interrupter is his new Iranian-born neighbour, an indefatigable, hugely pregnant mother of two daughters, married to an inept but affable man whom Ove has dismissed as “an idiot.”

While the family next door and a parade of memorable characters – many of whom are misfits in their own right – foil his attempts to reach the afterlife, we see flashbacks that help explain how a bright and happy child with a deeply ingrained moral code grew into a bitter man only his wife could truly love.

It sounds sappy, but both book and film are buoyant



Remembering those who have died to create and defend Israel, and those who were killed because they were citizens or friends of the Jewish state, makes the celebration of the miracle that is Israel so much more intense.

with delightful and unexpected humour, and vivid characterizations. And his journey to connecting and communing with others is neither pat nor perfect. It’s as prickly as our protagonist.

As I dried my tears and wiped off what was left of my mascara, the flight attendant came by and said, “But you were laughing only a few minutes ago!”

Indeed I was. What I have learned from my many trips to Israel, especially at this time of year, is that joy and sorrow are never too far apart, and that moments of joy are intensified by remembering the pain and sacrifices that created them.

By the time you read this, I will have stood in silent reflection for the sirens of Yom HaShoah and Yom

Hazikaron, attended a tribute to the late Elie Wiesel, listened to hours of music of mourning and commemoration of these holidays, and switched gears completely for the intense national celebrations of Yom Ha’Atzmaut.

I have written before about my first visit to Israel in May 2003, when our Jewish Federation of Ottawa mission of 70 people was the largest mission in the country.

We arrived at our hotel in Tel Aviv just in time for the 8 pm siren that signalled a moment of silence for Yom Hazikaron. Then we had a memorial service in a room filled with chairs, most of them empty except for names of those who had been killed in wars or acts of terror.

Walking along the beach the next afternoon, I saw a memorial service at Mike’s Place, a popular bar where three people had been killed and 50 injured in a suicide bombing only five days before our arrival.

A few hours later, the bar was open for business as the country moved from full mourning to full celebration of Israel’s Independence Day, Yom Ha’Atzmaut.

Remembering those who have died to create and defend Israel, and those who were killed because they were citizens or friends of the Jewish state, makes the celebration of the miracle that is Israel so much more intense.

But it’s equally important that Israelis not observe these occasions in solitude, or even in small groups. They flock to city squares or cemeteries or the Kotel for memorial events, and then descend on communal green spaces a day later for the barbecue extravaganza known as the *mangal*.

We can all learn from what has become second nature to Israelis, but what it took our Swedish anti-hero Ove a lifetime to acknowledge.

We can find joy even after excruciating sorrow. And, if we open our hearts and our arms, we will find others to share both our burdens and our exultation.

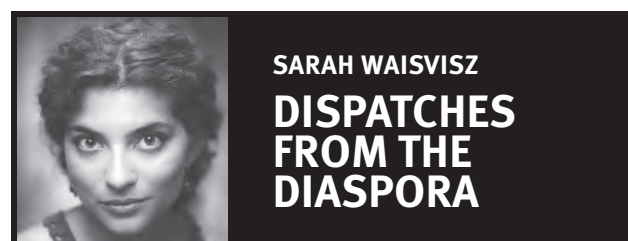
Counting blessings as we count the Omer

Springtime is not necessarily a calm period in the Jewish calendar. The changeover between the seasons is abrupt in and of itself: one day it is winter, the next day, after much cleaning and schlepping and shopping and cooking, it is Passover and, according to our liturgy, spring. Then, as quickly as the second seder ends, we begin to count the Omer.

The Omer is the period of 49 days we count, one day at a time, from the second seder until Shavuot, the holiday that marks when the Israelites received the Torah from God. In the *Dispatches from the Diaspora* column I wrote last year about counting the Omer (May 30, 2016), I discussed some of the different attributes or qualities associated with each week, and each day, of the period of the Omer. There are seven qualities or attributes associated with each day and week of the Omer, based on what the sages considered to be the seven qualities or attributes of the divine and the kabbalistic understanding of the universe. When we count each day, we note the two qualities associated with that day and how they complement and relate to each other.

The seven qualities are: *Chesed* – loving kindness; *Gevurah* – strength, justice, awe, discipline; *Tiferet* – beauty, compassion, harmony; *Netzah* – endurance, ambition; *Hod* – humility, splendour; *Yesod* – nurturing; and *Malkhut* – nobility, leadership.

The counting of the Omer is a time of intense reflection, akin to the period leading up to the High Holy Days during the month of Elul. Indeed, the preparation for Passover itself and, de facto, the period of the Omer,



feels akin to the spiritual preparation we undertake before Tishrei.

Please forgive my intellectual leaps, but I think there are connections. My household takes Pesach prep seriously. We spent days cleaning and scouring and ridding the house of chametz. We exchanged our normal dishes for Passover dishes and replaced the food in our cupboards and fridge with kosher le Pesach options. The night before the first seder, we did the ritual of Bedikat Chametz and searched for 10 pieces of chametz hidden in the house, symbolic of all the chametz that had been there before.

The next morning, we burned those pieces of chametz in the Be-ur Chametz ritual and said: “Any leaven that may still be in the house, that I have or have not seen, that I have or have not removed, shall be as if it does not exist, and as the dust of the earth.” Those words emphasize that what is important with the Pesach preparations is intention. If we prepare fully in our hearts for Passover, it’s OK to find a few crumbs of bread in your spring jacket sometime during the week

ahead. It’s the thought that counts; it’s the kavannah that matters.

I had not participated in those rituals since I was a child, and I had forgotten how powerful they were. Both the Bedikat Chametz and the Be-ur Chametz felt like the opportunity to cleanse; it reminded me of submerging in the mikvah, and it reminded me of the soul-searching we do during Elul before asking for forgiveness on Yom Kippur.

Passover is not a time of deprivation of chametz or our favourite daily coffee mug, it is an opportunity to cleanse ourselves of what is not necessary and concentrate instead on what we really need. It is a kind of spring cleaning, an opportunity to purge. And the practice of counting the Omer inspires us to think deeply about key aspects of spirituality and how we might want to be in the world. What better preparation for remembering the gift of the Torah than to meditate, for a few weeks, on themes such as loving kindness (*Chesed*), justice (*Gevurah*), endurance (*Netzah*), and leadership (*Malkhut*). When I think of the parallels between Elul and Nissan, I find that our calendar and its rhythms are so balanced.

With Elul, we witness the end of summer and the beginning of fall. In Nissan, we see winter retreat and spring arrive, and with it the hope of new growth and new life. With each new opening of a leaf bud, with each new blossom, I encourage us to think of and be grateful for nurturing (*Yesod*), beauty (*Tiferet*), and splendour (*Hod*).

Did you hear the one about the Jewish mother?

In April, a story emerged about Mark Zuckerberg, the founder of Facebook.

Back in 2009, Zuckerberg was asked about a decision to turn down \$1 billion from Yahoo to buy his company.

The question was where the willpower to say no came from.

Zuckerberg's answer: Jewish mother.

An immediate stereotype springs to mind, one perhaps best described by Alana Newhouse in a 2007 article in the Forward.

"Known in some circles as a figure of generosity and deep warmth, in others as the skilled practitioner of toxic enmeshment, the Jewish Mother was acknowledged, here and abroad, as the symbol of over involvement in children's lives. She was also known for her chicken soup." <http://tinyurl.com/kkovq7v>

I am not known for my chicken soup.

But I am a Jewish mother. Does that stereotypical definition hold? And where does it come from anyway?

The Forward piece is about a book by Brandeis University history professor Joyce Antler on the history of the Jewish mother. Newhouse reports that Antler's book attributes the emergence of the stereotype to the changing dynamics of the Jewish family.

In the Old World, women often worked while men pursued higher learning and the kids were somewhere in between. In the New World, families whose status used to be attributed to the husband's scholarly accomplishments found that money mattered more. So, the men began to work, the women began staying home, and the character of the "Jewish mother" was born.

Then, as the children grew and connected with the secular New World, the anxiety about survival that was a fixture of Jews living in fear of pogroms in Eastern Europe began to re-emerge as fear the next generation of Jews were disconnecting, the Forward story suggests.



STEPHANIE SHEFRIN
**MODERN
MISHPOCHA**

We think that what our community is going through is unique to now, that it's our fault, that we need to strike a new committee or devise a new program or do better outreach ... but the underlying challenges and fears have been there for decades.

From there came the jokes about mothers who brag and nag and little else, a comedic trope for the ages.

Antler suggests the stereotype has faded as a cultural punch line because the cliché has come true – today's parents are so over-involved in their kids' lives, even the archetypal Jewish mother couldn't keep up.

Maybe. But I wonder whether what's been on the minds of Jewish moms over time is all that different.

Not long ago, the Ottawa Jewish Archives announced that every edition of the Ottawa Jewish Bulletin published between 1937 and 2009 was available online at <https://archive.org/details/ottawajewisharchives>. [More recent issues are available in the Library section at www.ottawajewishbulletin.com.]

I did a random sampling of the April or May issues for every 10 years, beginning in 1945, searching them for the word "mother."

My admittedly totally unscientific review suggests

there's not much difference over the years.

In the 1940s, a group of Jewish women in Ottawa formed a "mothers group" to talk about their shared interest in Jewish education for their children, the Bulletin reported. Today, the subject that seems to create the most conversation on the excellent Ottawa Jewish Mommies Facebook group is Jewish education.

Today, every synagogue in town is busy coming up with programs and activities to draw in more people, specifically younger ones. Decades ago, for what it's worth, every synagogue in town came together and formed a committee on that very issue, the Bulletin reported.

Maybe knowing that the things that vex us now are the things that always vexed us can help us stop incorporating another cliché element of the "Jewish mother" into our lives – the guilt.

We think that what our community is going through is unique to now, that it's our fault, that we need to strike a new committee or devise a new program or do better outreach. All those things are probably true to some extent, but the underlying challenges and fears have been there for decades.

Jewish mother jokes might get old, but it seems the issues never do.

I don't know what Zuckerberg meant when he credited his mother for the fact he turned down \$1 billion. Today, however, Facebook is worth \$400 billion.

But she probably wanted the same thing as an Ottawa Jewish mother, who, in 1985 donated to the community foundation. The notice posted in the Bulletin read:

"Wishing Michael Gennis continued success in his career, by his mother."

And I wish all the wonderful mothers I know a very happy Mother's Day – including the most important one, mine.

Your three-season outdoor workout starts now

It seems like this past winter was longer than usual. Finally, though, the snow is gone and it's safe to say we won't be getting any more of the white stuff for about six months. So now is the perfect time to take some of your workouts outdoors and enjoy the warm weather and fresh air.

If you're already a walker, why not integrate some exercises into your walk? You can do outdoor workouts just about anywhere – in a park, in the woods, in your own backyard or on a sidewalk.

Begin with at least a five-minute dynamic warm up such as moderately paced walking or light jogging, circling your arms, jumping jacks or any other movements that get your heart rate slightly elevated. Once you're warmed up, you're ready to work out.

I've put together some exercise suggestions that will give you a full-body workout for free, without special equipment, in a short amount of time. If you have a medical condition, are over 65 or unfit, check with your doctor before starting a new exercise program.

For some of the exercises, you'll need a park bench. If there's no bench, use what's available and suitable for each exercise, such as a tree trunk, a lamp post, the ground, a step or a ledge.

1. Push-ups: Place your hands either on the back, the arm rest or the seat of the bench (or against a tree or pole), then step away and do as many push ups as you can. The lower your hand position, the more challenging the exercise. If you can only do one repetition, that's fine.



GLORIA SCHWARTZ
**FOCUS ON
FITNESS**

You can build up your strength over the coming months.

2. Mountain-climbers: Get into your starting push-up position against the bench and drive one knee forward towards your chest, then the other knee as if you're climbing a mountain. The faster you move, the more challenging the exercise. Aim for 30 to 60 seconds.

3. Step-ups: Stand facing the bench seat. Step up onto the bench then step back down. Keep going. Aim for 30 to 60 seconds. If the seat height is too difficult, find a lower ledge or step. The higher and faster you step, the more challenging the exercise. If you're already fit, you can make the exercise even more challenging by jumping up onto the bench with both feet then stepping down.

4. Plank: Position yourself face down on the bench or ground, leaning on your forearms. Ensure your body is in a straight line. Your butt should not be sticking up in the air. Hold the position for as long as you can. The stronger your abs and back, the longer you'll be able to hold the position. You can build up over time from a few seconds for beginners to a minute or more.

5. Side-plank: Lie on the bench or ground facing sideways and leaning on one forearm. Lift your hip off the surface so your body is elevated in a straight line. Hold the position as long as you can, then switch to your other side and repeat.

6. Sprints: Sprint as fast as you can for 10 seconds or choose a nearby landmark and run to it. Walk back to your starting point. Rest for a minute or two or, depending on your fitness level, until you catch your breath, then sprint again. You can increase the repetitions as you build up your stamina over time. If you go for a longer duration, you won't be able to run as quickly.

7. Walking-lunges: Take a large step forward with one foot, and then lower your back knee down as far as you can towards the ground. Focus on your balance. Raise the back knee up so your back leg is straight, then step that back foot forward so your feet are next to each other. Repeat with the other foot. Continue the walking-lunges with good posture for 30 seconds or more. You should feel the front of your thighs burning.

8. Squats: Place your feet hip-width apart. Lower your rear end as if you're sitting on a chair. Keep your head and chest up. Your knees should bend to 90 degrees. Return to standing position. Aim to repeat eight to 10 times.

If you're not exhausted, repeat the series. End with gentle stretching to cool down. To get fit, you have to do more than read. Take this list of exercises and actually try them.

WHAT'S GOING ON | May 8 to 21, 2017

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

UNTIL MAY 25

Israel: Small Country, Big Footprint:

Art exhibit, Israeli photographer Aliza Auerbach. NCC International Pavilion, 50 Sussex Dr., Sunday, 10 am to 3 pm; Monday to Thursday, 9 am to 5 pm; Friday 9 am to 2 pm (closed Victoria Day weekend). Info: [facebook.com/israelincanada](https://www.facebook.com/israelincanada)

TUESDAY, MAY 9

Survival of a Nation – Exploring Israel Through the Lens of the Six-Day War: Drawing on ideas of great Jewish writers and thinkers, tjis series presents the Six-Day War in six sessions, confronting the questions of our time. Tuesdays until June 6. Ottawa Torah Centre Chabad, 111 Lamplighters Dr., 7 pm. Info: Rabbi Menachem Blum, 613-843-7770, rabbith@theotc.org

SUNDAY, MAY 14

Adult Jewish Exploration at Temple Israel: Getting your Omer on, Reform-style! Find out why Pesach and Shavuot are so closely linked. Temple Israel, 1301 Prince of Wales Dr., 10 am. Info: Cathy Loves, 613-224-1802, cathy@templeisraelottawa.com

Lag Ba'Omer with CBB of Ottawa & OJCS:

Celebrate Lag Ba'Omer and learn about both organizations. Buses will leave OJCS at 11 am and return by 3:30 pm. Adult supervision required.

Camp B'nai Brith, 7861 River Rd., Quyon, QC., 11 am. Info/RSVP: Abigail Freeman, abigail@cbbottawa.com

JET's Jewish Unity Live: An evening of great food, socializing and an inspirational speaker. In honour of JET's 25th anniversary, help celebrate by meeting 25 special individuals whose lives have been impacted and touched by JET.

Centrepointe Theatre, 101 Centrepointe Dr., 6 pm. Info: Anna Grunfeld, annarrottenberg@gmail.com

Shiru! Chantez! Sing! Musica Ebraica Choir sings Jewish music by Canadian composers to celebrate Canada 150. Kehillat Beth Israel, 1400 Coldrey Ave., 7:30 pm. Info: Minda Wershof, 613-224-7073, pmwershof@gmail.com

MONDAY, MAY 15

The Middle East in Global Politics by Prof. Henry Habib: Sponsored by Vered Israel Cultural and Educational Program, 7 pm. Info: Ella Dagan, 613-798-9818 ext. 243, edagan@jccottawa.com

TUESDAY, MAY 16

Malca Pass Library Book Group Meeting: "The High Mountains of Portugal" by Yann Martel will be reviewed by Deborah Saginur. Kehillat Beth Israel, 1400 Coldrey Ave., 7:30 to 9 pm. Info: Maureen Kaell, 613-224-8649, mkaell@rogers.com

WEDNESDAY, MAY 17

JFO Members' Meeting: Featuring a multifaith panel discussion on the Importance of Interfaith in Advocacy, a collaborative effort between the Jewish Federation of Ottawa and the Centre for Israel and Jewish Affairs. Meeting is open to the public, 7 pm. Info: Rachel Abenheim, rabenheim@jewishottawa.com

COMING SOON

WEDNESDAY, MAY 24

Hillel Lodge, Ottawa Jewish Home for the Aged, AGM: Annual General Meeting. 10 Nadolny Sachs Pvt., 7 pm. Info: Cindy Cherry, 613-728-3900 ext 122, cindyc@hillel-ltc.com

CANDLE LIGHTING BEFORE

MAY 12	8:02 PM	SECOND DAY OF SHAVUOT	
MAY 19	8:10 PM	MAY 31	AFTER 9:26 PM
MAY 26	8:18 PM	JUNE 2	8:26 PM
FIRST DAY OF SHAVUOT		JUNE 9	8:29 PM
MAY 30	8:23 PM	JUNE 16	8:33 PM

BULLETIN DEADLINES

WEDNESDAY, JUNE 7	FOR JUNE 26
WEDNESDAY, JULY 5	FOR JULY 24
TUESDAY, AUGUST 1 **	FOR AUGUST 21
WEDNESDAY, AUGUST 28 *	FOR SEPTEMBER 4

* Early deadline: Community-wide Issue ** Early deadline: holiday closures

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:

Charles Balko

Ruth Berger

Naomi Diener

Ethel Rosenblatt

*May their memory
be a blessing always.*

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



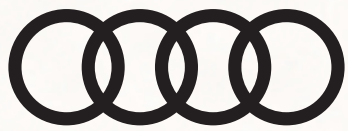
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