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# OTTAWA JEWISH BULLETIN



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## Zionism is a human rights struggle, says UN Watch executive director

**Hillel Neuer**, executive director of **UN Watch**, will be the keynote speaker, September 17, at the Jewish Federation of Ottawa Annual Campaign Kickoff. Neuer spoke with the Ottawa Jewish Bulletin from his office in Geneva. **Norah Mor** reports.

**U**N Watch, a Geneva-based non-governmental organization, has been an important voice for human rights at the United Nations (UN) and in the international media since its founding in 1993. UN Watch has also stood strong against the demonization of Israel at the UN and its various bodies.

Canadian lawyer and human rights activist Hillel Neuer has been executive director of UN Watch since 2004 and will discuss his work with the NGO when he speaks in Ottawa next month.

The UN has been “plagued with bias against Israel, repeatedly singling it out,” Neuer told the Bulletin. This bias, he said, was recognized by UN Watch founder Morris Abram when he served as U.S. permanent representative to the United Nations in Geneva.

The UN Human Rights Council, says Neuer, has been particularly problematic in its approach to Israel. In a speech last year in Chicago, Neuer pointed out that in the past decade there were more resolutions targeting Israel than the rest of the world combined.

“More than 50 per cent of the resolutions made by the UN Human Rights Council are against one country – Israel. In 10 years, there have been 62 resolutions



Hillel Neuer speaks at UN Watch briefing in Geneva, November 4, 2014.

on the entire world combined; about 14 countries or so were criticized once, twice, a few more times... On Israel: 68. More resolutions on Israel than the rest of the world combined.”

Asked about the nature of this bias against Israel, Neuer said the UN reflects the world in which we live where the large number of Arab and Muslim countries, most of them dictatorships, are always opposed to Israel. Other countries, he said, “are afraid to lose [access to] Arab oil or Saudi money.”

Another factor, explained, is the realpolitik nature of vote trading, “meaning ‘you vote for me, I’ll vote for you.’”

Anti-Semitism, Neuer said, also plays an important role in the demonization of Israel at UN bodies.

Singling out Israel, the Jewish state,” he said, “is anti-Semitism in a new form.”

The work of UN Watch, Neuer stressed, is not focused solely on Israel.

“UN Watch brings to Geneva victims of human rights violations from all over the world, and gets them heard. Dictatorships worldwide hate us,” Neuer said.

A recent example of UN Watch’s influence was the outcry over the election of Saudi Arabia to the United

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# Canadian Jewish Experience exhibit finds nationwide success

BY NORAH MOR

The Canadian Jewish Experience: A Tribute to Canada 150, an exhibit marking major contributions of Jews to Canada, has enjoyed continued popularity since opening, April 2, in the lobby at 30 Metcalfe Street, near Parliament Hill.

In addition to the original location, the exhibit can be seen at two other locations in the capital – Ottawa City Hall and the Canadian War Museum – and at numerous locations from coast to coast across Canada.

“Our main aim in creating the exhibit was to educate people about things Jews have done in Canada over the years,” said Canadian Jewish Experience organizer Tova Lynch. “The exhibit has shaped up to be so much more than how we originally imagined it and I’m very happy and excited about it.”

The exhibit’s target audience is both

Jews and non-Jews and Lynch said she is particularly excited by how well the exhibit has been received across the country. Lynch noted that “tourists from all over the world visit it regularly” in various locales, including in Victoria where cruise ships bound for Alaska have made the exhibit a regular part of their tours.”

In addition to the ongoing exhibit, Canadian Jewish Experience is holding special events across the country. Ottawa events have included a special Canada 150 Shabbat service at Kehillat Beth Israel on July 1 and a lecture on Louis Rasminsky, the first Jewish governor of the Bank of Canada, on July 23 at the Soloway Jewish Community Centre.

Visit <http://cje2017.com> for an online version of the Canadian Jewish Experience exhibit, for details on where the exhibit can be seen across Canada, and for information about upcoming events.



This nine-panel Canadian Jewish Experience exhibit is on display near Parliament Hill in the lobby at 30 Metcalfe Street from 9 am-6 pm daily until December 12.



(From left) Canadian Jewish Experience organizer Tova Lynch, former Bank of Canada governor Gordon Thiessen, former Bank of Canada deputy-governor Charles Freedman, Michael Rasminsky (son of Louis Rasminsky) and Rabbi Reuven Bulka at the Canadian Jewish Experience lecture on the life and work of Louis Rasminsky, the first Jewish governor of the Bank of Canada, July 23, at the Soloway Jewish Community Centre

## Neuer: Shaped by Canadian values

Continued from page 1

Nations Commission on the Status of Women. UN Watch exposed European Union countries that voted to elect Saudi Arabia to the commission which led to Charles Michel, prime minister of Belgium, issuing a “statement of regret” for his country’s role in that election.

Neuer grew up in Montreal and earned his BA in political science there at Concordia University before going on to receive law degrees from McGill University and the Hebrew University of Jerusalem. He was a law clerk at the Supreme Court of Israel before going on to practice law in New York City prior to joining UN Watch in Geneva. He credits his Canadian upbringing for shaping his worldview.

“How I grew up is what I am – a Canadian Jew,” he said. “I was privileged to grow up in one of the greatest countries in the world, where decency, multiculturalism, solidarity, justice and rule of law are values of the Canadian culture and society.

“The community around me was traditional and my family is very Zionist. My grandmother was among the founders of the Zionist organization, Emunah Women, and made aliyah to Israel in her late-70s,” said Neuer.

Neuer said that as a movement for self-determination, Zionism is also a human rights struggle.

“It’s not accidental that many human rights advocates are also Zionists. Morris Abram, the founder of UN Watch, is an example of that.”

Therefore, Israel’s purpose, Neuer said, “should not only be to survive, but to value justice and human rights as well.”

The Jewish Federation Annual Campaign Kickoff will encompass two events at the Soloway Jewish Community Centre: a concert with Sharon and Bram for children and parents at 3 pm; and the main event featuring Hillel Neuer at 7 pm. Tickets for each event are \$10 (individual) and \$20 (household) and are available online at <https://goo.gl/BKkYfx>. For more information, contact Samantha Sharkey at [ssharkey@jewishottawa.com](mailto:ssharkey@jewishottawa.com) or 613-798-4696, ext. 272.



Hillel Neuer listens to proceedings at United Nations European headquarters in Geneva, January 30, 2007. (UN Watch)

# The three cancers Jews need to worry about most – and how to reduce the risks

BY NIV ELIS  
ISRAEL CANCER RESEARCH FUND

**A**s if Jews don't have enough to worry about. Geopolitical threats to the Jewish people may wax and wane, but there's another lethal danger particular to Jewish people that shows no signs of disappearing anytime soon: cancer.

Specifically, Jews are at elevated risk for three types of the disease: melanoma, breast cancer and ovarian cancer. The perils are particularly acute for Jewish women.

The higher prevalence of these illnesses isn't spread evenly among all Jews. The genetic mutations that result in higher incidence of cancer are concentrated among Ashkenazim – Jews of European descent.

"Ashkenazim are a more homogenous population from a genetic point of view, whereas the Sephardim are much more diverse," said Dr. Ephrat Levy-Lahad, director of the Medical Genetics Institute at Shaare Zedek Medical Center in Jerusalem.

But there is some hope. Susceptible populations can take certain precautions to reduce their risks. Recent medical advances have made early detection easier, significantly lowering the fatality rates from some cancers. Cheaper genetic testing is making it much easier for researchers to discover the risk factors associated with certain cancers. And scientists are working on new approaches to fight these pernicious diseases – especially in Israel, where Ashkenazi Jews make up a larger proportion of the population than in any other country.

Understanding risk factors and learning about preventative measures are keys to improving cancer survival rates. Here's what you need to know.

## MELANOMA

Melanoma is the deadliest type of skin cancer, representing some 80 per cent of skin cancer deaths, and North American melanoma rates are on the rise. It's also one of the most common forms of cancer in younger people, especially among women.

Just a decade ago, Israel had the second-highest rate of skin cancer in the world, behind Australia. One reason is that Israel has a lot of sun. Some credit better education about the dangers of sun exposure for helping reduce Israel's per capita skin cancer rate, now 18th in the world.

But the sun isn't the whole story. Jews in Israel have a higher incidence of melanoma than the country's Arab, non-Jewish citizens.

What makes Jews more likely to get skin cancer than others?



Some Ashkenazi Jewish women who carry a particular BRCA-1 genetic mutation have a 65 per cent chance of developing breast cancer.



Israel has become a hub for cancer research, including at this lab at the Hebrew University Hadassah Medical School.

It's a combination of genetics and behaviour, according to Dr. Harriet Kluger, a cancer researcher at Yale University. On the genetics side, Ashkenazi Jews – who comprise about half of Israel's Jewish population – are significantly more likely to have the BRCA-2 genetic mutation that some studies have linked to higher rates of melanoma.

The other factor, Israel's abundant sunshine, exacerbates the problems for sun-sensitive Jews of European origin. That's why Arabs and Israeli Orthodox Jews, whose more conservative dress leaves less skin exposed than does typical secular attire, have a lower incidence of the cancer.

"There are epidemiological studies from Israel showing that secular Jews have more melanoma than Orthodox Jews," Kluger said.

So what's to be done?

"Other than staying out of the sun, people should get their skin screened once a year," Kluger said. "In Australia, getting your skin screened is part of the culture, like getting your teeth cleaned in America."

You can spot worrisome moles on your own using an alphabetic mnemonic device for letters A-F: See a doctor if you spot moles that exhibit Asymmetry, Border irregularities, dark or multiple Colours, have a large Diameter, are Evolving (e.g. changing), or are just plain Funny looking. Light-skinned people and redheads should be most vigilant, as well as those who live in sunny locales like California, Florida or the Rocky Mountains.

If you insist on being in the sun, sunscreen can help mitigate the risk, but only up to a point.

"It decreases the chances of getting melanoma, but it doesn't eliminate the chances," Kluger warned.

As with other cancers, early detection can dramatically increase survival rates.

In the meantime, scientists in Israel – a world leader in melanoma research – hold high hopes for immunotherapy, which corrals the body's immune mechanisms

See Cancer on page 8



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# Four members of Ottawa's Osterer family win softball gold at Maccabiah Games

BY IRV OSTERER

The 20th Maccabiah Games – often referred to as the “Jewish Olympics” – wrapped up in Israel with Team Canada winning the gold medal in Open Men’s Softball.

And, for the first time ever, four athletes from the same family were on a Canadian Maccabiah team in the same sport. Daniel, Robbie, Jacob and Stephen Osterer of Ottawa were all members of the Men’s Open Softball team. All four are veterans of the Ottawa Jewish Men’s Softball League and graduates of the Ottawa Nepean Canadians Baseball program. The boys brought home the gold medal in an exciting and nail-biting gold medal game.

The epic contest with Team USA was tied 2-2 after regulation play. Team Canada was behind two runs in the bottom of the eighth inning. With one out and a man on second, Daniel was at the plate with a count of no balls and two strikes when a cat mysteriously ran on to the field, stopping play and disrupting the rhythm of the American pitcher. After the cat was corralled, Daniel worked the count to a walk and scored the tying run when his cousin Jacob punched a hit through to win it for Canada. The boys were convinced that their late Uncle Howie did what he could to give them the edge!

Howie Osterer – who had made aliyah to Israel from Ottawa – was very involved with baseball in Israel and umpired at the last Maccabiah Games. He died in 2014 at home plate, while umpiring a game on the same diamond in Gezer where his nephews eventually



HARRY PRIZANT

won the gold medal in softball.

Jacob said playing on that field was an emotional experience for his family.

Stephen and Jacob’s parents, Murray and Karen Osterer, were on hand to support their sons and nephews, as was family friend, supporter and energetic fan Harry Prizant who made the effort to get to the game shortly after landing in Israel.

Their grandfather, Joe Osterer of blessed memory, well known in Ottawa athletic circles as a softball player and professional hockey referee, would have been very proud.

(From left) Karen and Murray Osterer celebrate with players Daniel, Jacob, Robbie and Stephen Osterer after Team Canada won the Maccabiah Games gold medal in Open Men’s Softball in Gezer, Israel, July 16.



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- Provide administrative support for the Tamir Neshama Choir, arrange rehearsals and performances
- Use leadership and creativity to further establish Tamir’s person centred planning program as a driving force behind the services we provide
- Facilitate individualized personal outcome planning processes by leading group meetings and creating individualized Personal Outcome Plans from the information gathered
- Delivery of participant and employee training sessions on Rights and Respect, Abuse and Neglect, and other topics as needed
- Facilitate the Tamir Participant Advocacy Committee meetings and support the group in achieving their goals
- Coordinate and implement a workplan plan to manage progress and ensure accountability in the key areas of Quality Enhancement

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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.

## *Mordecai Richler* 1931-2001 One of Canada's most important novelists and a sharply opinionated essayist

By Brenna Mackay

**B**orn in Montreal on January 27, 1931, Mordecai Richler grew up on St. Urbain Street in what was then the city's Jewish ghetto and went on to become one of Canada's most accomplished novelists and essayists. Some of Richler's best known works, including *The Apprenticeship of Duddy Kravitz*, were at least partially set in the neighbourhood milieu in which he grew up.

Richler attended Baron Byng High School on St. Urbain Street (thinly disguised as "Fletcher's Field High School" in some of his novels, and Sir George Williams College (now part of Concordia University), but did not complete his degree.

Richler moved to Paris at age 19 to follow the pathway of the "Lost Gen-

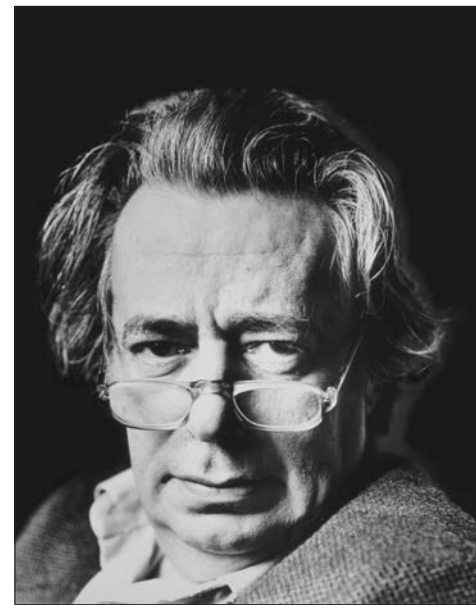
eration" of literary exiles of the 1920s. He returned to Montreal in 1952 and worked at the Canadian Broadcasting Corporation before moving to London, England in 1954 where he began his career as a novelist with the publication of *The Acrobats*. Richler's first seven novels were published during his years in London before he returned to Montreal in 1972.

In addition to *The Apprenticeship of Duddy Kravitz*, Richler's major novels included *St. Urbain's Horseman*, *Joshua Then and Now*, *Solomon Gursky Was Here* and *Barney's Version*. A collection of Richler's short stories set on St. Urbain Street was published as *The Street* and he also wrote a series of *Jacob Two-Two* books for children. Several of his novels were adapted for feature films.

Richer also wrote myriad articles,

reviews and essays for such magazines as *The Atlantic*, *The New Yorker*, *The American Spectator* and *Gentlemen's Quarterly* and was a columnist for the *National Post* and *Montreal Gazette* newspapers.

As an essayist, Richler was known for his sometimes brutally honest political and social commentary. He zeroed in on Quebec nationalism, Quebec's language laws, the separatist movement and Quebec's history of anti-Semitism in an essay for the *New Yorker* which he later expanded into a book, *Oh Canada, Oh Quebec! Requiem for a Divided Country*, published in 1992. Some of the reaction to the *New Yorker* essay and book was highly anti-Semitic. According to son Noah Richler, his brother was harangued by a francophone journalist who yelled, "If your father was here, I'd make him relive



the Holocaust right now!" Richler received many honours for his work including two Governor General's Awards, two Commonwealth Writer's Prizes, the Giller Prize, the Stephen Leacock Award for Humour, and honorary doctorates from McGill University and Bishop's University. In 2001, he was made a Companion of the Order of Canada.

Richler was married twice. His brief first marriage ended in divorce. His second marriage, to Florence Richler, endured until his death. Richler adopted Daniel, Florence's son from a previous marriage, and they had four other children – Jacob, Noah, Martha and Emma. All of the Richlers' children have pursued literary and/or media careers.

Richler died, at age 70, of cancer on July 3, 2001.



### *Next in the series*

#### *David Croll* 1900 –1991

David Croll had a distinguished career as mayor of Windsor, Ontario, as an Ontario MPP, and as a federal MP. In 1955, he became the first Jew appointed to the Canadian Senate.



### *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](mailto:mregenstreif@ottawajewishbulletin.com)

**FEDERATION  
REPORT**



**KAREN PALAYEW AND  
LORNE SEGAL, CO-CHAIRS  
ANNUAL CAMPAIGN KICKOFF**

**W**e are honoured to be the chairs of the 2018 Annual Campaign Kickoff. We take on this responsibility with a deep commitment to the Jewish Federation of Ottawa, to our Jewish community, to our country, and to our homeland of Israel.

We moved to Ottawa in June 2000 and, very quickly, this became our home, in the truest sense of the word. We are both originally from Montreal and our three children – Noah, Matthew and Julie – were born in Toronto. Our

## Kickoff to feature Hillel Neuer; Sharon and Bram

decision to move to Ottawa was based primarily on quality of life and proximity to extended family. We each have siblings in Ottawa and Montreal and all four grandparents were in Montreal as well. While raising a young family is busy and challenging, Ottawa offers calmness, a sense of balance, and a lifestyle that we appreciated immediately and we continue to value so greatly.

Our children went to Hillel Academy (now the Ottawa Jewish Community School) which was our initial introduction to the Ottawa Jewish community. We were welcomed with open arms, developing meaningful friendships and connections throughout the years. We have embraced all that the city has to offer – a dynamic Jewish community, a strong cultural centre, and one of the best playgrounds for cycling, running, swimming, skating, skiing and hiking.

We are extremely excited to have Hillel Neuer join us as the keynote speaker for the Kickoff event on Sunday, September 17. He is executive director of

*By engaging in our community we create and further develop meaningful connections with each other.*

UN Watch and a human rights activist, speaking out against injustices throughout the world. A native Montrealer who emphasizes the impact of his Canadian heritage and Jewish roots on his path in life, Neuer is an inspirational individual and an important role model for people of all ages.

We are also continuing the wonderful initiative started by the Dolansky family, last year's Kickoff chairs, in creating an event for younger families and children. We are looking forward to an entertaining afternoon program with Sharon and Bram, sharing their enthusiasm in bringing generations together through song.

As Canada celebrates 150 years, we are so proud to have Canadian-born

guests with us at this year's launch event. It is important for us to recognize the significant and varied contributions Jews have made to our country and around the world, helping to strengthen the fabric of our nation.

Federation supports and nurtures a wide variety of programs and beneficiary agencies to help strengthen our Jewish community. It also provides support for the State of Israel. The act of giving, whether financially or personally through volunteering, is a gratifying experience. We have a responsibility to carry on the legacy of those who came before us and who devoted themselves to building the tremendous Jewish community we all benefit from in Ottawa. By engaging in our community we create and further develop meaningful connections with each other. As we commit ourselves to strengthening our foundation, we are confident in the knowledge that what we are building today will sustain itself for our children, and for many generations to come.

We look forward to the community coming together on September 17 for what we believe will be an exceptional event. We wish everyone a wonderful summer, enjoying all that our great city has to offer.

**FROM THE  
PULPIT**



**RABBI MENACHEM BLUM,  
OTTAWA TORAH CENTRE CHABAD**

**O**n a sunny afternoon this summer I noticed some commotion outside my office window. As I lifted the window shade I observed dozens of cars and bicycles parked in the Ottawa Torah Centre parking lot with groups of people congregating in circles and doing something on their cell phones. My curiosity, or I should say my concern, got the better of me and I went outside to inquire what was going on.

"Your Torah Centre is an awesome place right now," replied a cheerful woman. "It is a Pokémon Go gym, your Torah Centre has lots of awesome stuff to catch."

I was amazed to see that the game Pokémon Go, where players use their mobile devices to locate, capture and

## A Pokémon Go game called 'Life'

battle virtual creatures, is still so popular.

As I settled back in my office, I recalled a bar mitzvah speech that I had prepared just a few weeks earlier with a very special boy who was obsessed with Pokémon characters. It was inspired by the teachings of the Baal Shem Tov that "in everything that one sees or hears there is a lesson to be learned."

Our great Jewish mystics tell us that there are Divine sparks scattered everywhere in the universe and that our souls came down into our physical bodies (our avatars) to liberate them and release their special energy. These sparks are found in every object, time and place. God gave us the Torah, a "mobile device" written on parchment that tells us the mitzvot/commandments we need to do in order to liberate and release these sparks. It is for this reason that the Torah has something to say about every facet of our lives, for it is through fulfilment of the 613 commandments that we are able to release these Divine sparks in everything we do.

Just like throwing a Poké ball to capture the character, the mitzvah allows us to capture the Divine spark in the specific object, time and place and release its energy. This is the Kabbalistic meaning

of tikkun olam (repairing the world): to liberate all the hidden sparks in the universe so that we end up with a rectified, beautiful, Divine and harmonious world. Some would refer to this as "mindful living": living every moment, every thought, speech and action with purpose. Recognizing that at every instant God allows me to experience its purpose through the fulfilment of mitzvot/commandments and the release of these sparks.

Similar to the virtual reality of Pokémon Go where there are lots of characters to be captured, our existence contains a deeper reality of spiritual energies to be captured and released. We just have to tune in and recognize that in everything we do, and in every place we find ourselves, there is a mission to be accomplished. Developing this Kabbalistic mindset and using our device (the Torah) adds a meaningful and deeper layer to the experience of life.

Just like in the game where you capture one Pokémon character at a time, the way we release the energy of these Divine sparks is by doing one mitzvah at a time. Try it. You will feel liberated and energized. And, hopefully, just like my visiting players of Pokémon Go, you will get addicted to it and run after it.

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FROM THE EDITOR



MICHAEL REGENSTREIF

## To de-legitimize the media is to de-legitimize the institution of democracy

speaking to a crowd of Likud Party supporters bussed in from all over Israel.

Netanyahu is currently facing two corruption investigations – for allegedly accepting gifts illegally and bribery – which directly affect him, and there are two other investigations in which he could be implicated (see the JTA article on page 11). As well, his wife, Sara Netanyahu, is facing investigation for allegedly diverting state funds to pay for personal expenses.

Netanyahu's response to these investigations, it seems, is to copy from Trump's playbook of blaming the messenger and attacking the media. And, just as we've seen so many times at Trump rallies, members of the media attending the Netanyahu rally in Tel Aviv were subject to threats of violence from some of the prime minister's more fanatical supporters.

Although their systems of government are different, the United States and Israel are both democracies and in democratic societies leaders must be

held to account if they break the law and must face investigation if there is evidence they have broken the law. And, freedom of the press – to report the news and to offer commentary – is an essential component of any democracy. When leaders seek to divert attention from their problems by scapegoating or attempting to discredit legitimate media outlets or media practitioners, they are, in fact, attacking the institution of democracy itself.

Netanyahu insists there is nothing to the corruption allegations, that they are just a "fake news" conspiracy in the same way that Trump insists similarly about allegations of Russian collusion in his 2016 election campaign. And, maybe, that's what the investigations in Israel and the United States will determine and put the issues and allegations to rest.

However, police and other investigative bodies must do their jobs and the media must report on investigations and findings. Democracy depends on it.

### SHARON AND BRAM

In addition to my work in Jewish community journalism, I've had many decades of experience as an activist in the folk music community. In the 1970s, I watched several Canadian folksingers become stars making children's music. Performers like Raffi, Fred Penner, and the Toronto-based trio of Sharon, Lois and Bram have been household names over the past 40 years in almost any Canadian household with children.

Sadly, Lois Lilienstein of Sharon, Lois and Bram passed away in 2015. But, Sharon Hampson and Bram Morrison have continued as a duo – Sharon and Bram – and will be here in Ottawa at the Soloway Jewish Community on Sunday, September 17, 3 pm, for a family concert as part of the Jewish Federation of Ottawa Annual Campaign Kickoff.

Last summer, I was an MC at the annual Montreal Folk Festival on the Canal and introduced Sharon and Bram to an adoring crowd of thousands of kids and their parents (many of whom themselves had grown up on Sharon, Lois and Bram). I'm happy to report that Sharon and Bram have lost none of their magic and held the crowd enthralled for a delightful hour-long performance.

Sharon and Bram's family concert on September 17 will be a treat, as they say, for kids of all ages.

The country's leader stood in front of a large crowd of fervent supporters and denounced the media as "left-wing" purveyors of "fake news." The media are "thought police," he said, and "God forbid if you think differently from them!"

Currently under investigation, he pointed to "an obsessive, unprecedented witch-hunt against me and my family, seeking to overthrow the government."

We've come to expect such statements from U.S. President Donald Trump whenever he holds a campaign-style rally for his supporters. But, it wasn't Trump speaking at a rally in Tel Aviv on August 9. It was Israeli Prime Minister Benjamin Netanyahu

IDEAS AND IMPRESSIONS



JASON MOSCOVITZ

## The 'prince of a man' who touched so many

Portuguese. He attended the Portuguese Catholic Church. While at work at Beth Shalom he dressed in black and always wore a black kippah. On his shirt was a patch that read "security." In his cubby hole, windowless office stood a full-barreled, black baseball bat. Thank goodness, to my knowledge, he never had to use it.

Cooking and food preparation were among John's skills. When Beth Shalom defied the odds and the naysayers by having volunteers prepare first-rate Shabbat kiddushes, for each and every Shabbat, you just knew John's magic was in the kitchen. As a group, the kitchen crew blossomed and bloomed. John's smiling face and encouragement was inspiring and the food just got better and better.

And it was John who effortlessly prepared breakfast every other day of the week after morning prayers. Like many shuls, Beth Shalom had a core of mostly elderly "minyanares" who were legends. Any observer of their daily shenanigans would be well entertained. John enjoyed his front row seat. He heard everything from all of them – likely 10 times over.

Those old men liked John. They felt comfortable with him. They trusted him. They confided in him. Inside, as well as outside the shul, John often helped them get around the many inconveniences of old age. John was thoughtful and caring and was a person who didn't like to say "no."

John was a natural people person and, as the years went by, he so naturally and so graciously welcomed congregants and visitors as they arrived for Shabbat services. He would stand near the front door or right in the middle of the lobby extending warm greetings. He beamed with delight. He was happy with his lot in life.

He knew virtually every Beth Shalom member by name. He knew their children and many family stories. In times of celebration or sorrow, John was always in the moment. If there was something to feel, John felt it. He understood the multifaceted Jewish dimension and he neither judged nor questioned it. He respected it. His openness was 24/7.

In this world of terrible and growing anti-Semitism, it is that much harder for us to lose such a friend. To see him

so savagely taken down by liver cancer at only 53 was hard to swallow. That is why so many of us are heartbroken. How profoundly John de Lemos was a devoted friend to our entire community is best explained by how he measured what working at Congregation Beth Shalom meant to him.

It was near the end. The oncologist came into his hospital room and said John would be gone in a day or two. Soon after, a palliative care doctor arrived with all the time in the world to compassionately talk about what would follow. She was really kind. She asked to see photos of John when he was well. She asked his family to describe him.

The word "wise" came first. His four siblings said John was the first person they would speak to when seeking advice because he was a clear thinker with amazing instincts.

As soon as the second doctor left the room, John's wife, Anna, repeated something John used to say. She rattled off some names of the departed Beth Shalom minyanaires. Names like Rose, Zelikovitz, Cardash, Zlotkin and Wolfe. Anna said John would frequently tell her what a great education he had listening daily to 400 years of history.

The downtown shul on Chapel Street is gone and, now, so is the prince of a man who touched its members for so many years in so many beautiful ways.

My heart aches. Many hearts ache. This summer we lost a dear friend whose untimely death touched us in ways we can't forget. The now truly "historic" downtown Congregation Beth Shalom was blessed to have had John de Lemos as a longtime employee.

Almost 20 years ago, the late Irving Taylor suggested Beth Shalom hire John to look after the property – a sophisticated way of saying John was hired to be the custodian or the janitor, depending on how you want to put it. For those who know how the story finishes, it is astonishingly funny to think of John as a guy who mopped the floors.

John was a short burly man with a substantial mustache. His origin was

# Cancer: Experts advise genetic screenings and regular testing

Continued from page 3

to attack or disable cancer. At Bar-Ilan University, Dr. Cyrille Cohen is using a research grant from the Israel Cancer Research Fund to implant human melanoma cells in mice to study whether human white blood cells can be genetically modified to act as a “switch” that turns on the human immune system’s cancer-fighting properties.

## BREAST CANCER

Breast cancer is already more common in developed, Western countries than elsewhere – likely because women who delay childbirth until later in life and have fewer children do not enjoy as much of the positive, cancer risk-reducing effects of the hormonal changes associated with childbirth.

Ashkenazi Jews in particular have a significantly higher risk for breast cancer: They are about three times as likely as non-Ashkenazim to carry mutations in the BRCA-1 and BRCA-2 genes that lead to a very high chance of developing cancer. One of the BRCA-1 mutations is associated with a 65 per cent chance of developing breast cancer. Based on family history, including on the father’s side, the chances could be even higher.

“Every Ashkenazi Jewish woman should be tested for these mutations,” said Levy-Lahad, who has done significant research work on the genetics of both breast and ovarian cancer. Iraqi Jews also have increased prevalence of one of the BRCA mutations, she said.

Levy-Lahad is collaborating on a long-term project with the University of Washington’s Dr. Mary-Claire King – the breast cancer research pioneer who discovered the BRCA-1 gene mutation that causes cancer – on a genome sequencing study of Israeli women with inherited breast and ovarian cancer genes. The two women are using a grant from the Israel Cancer Research Fund to apply genomic technology to study BRCA-1 and BRCA-2 mutations and their implications for breast cancer risk in non-Ashkenazi women in Israel, who are similar to populations in Europe and the United States.

In a project that is testing thousands of women for deadly cancer mutations, they are also studying how mutations in genes other than BRCA-1 and BRCA-2 impact inherited breast cancer in non-Ashkenazi Jews.

The earlier breast cancer mutations are discovered, the sooner women can decide on a course of action. Some choose to have bilateral mastectomies, which reduce the chances of breast cancer by 90-95 per cent. Actress Angelina Jolie famously put a Hollywood spotlight on the issue when she wrote a 2013 op-ed in The New York Times about her decision to have the procedure.

But mastectomies are not the only option. Some women instead choose a very rigorous screening regimen, including more frequent mammograms and breast MRIs.

Early detection is the cornerstone of improving breast cancer survival rates.

“Breast cancer is not nearly as deadly as it once



MIRIAM ALSTER/FLASH90

Better education about the dangers of sun exposure are credited for helping bring Israel’s skin cancer rate down from the world’s second-highest a decade ago to 18th today.

was,” Levy-Lahad said.

## OVARIAN CANCER

Of the three “Jewish” cancers, ovarian cancer is the deadliest.

Linked to the two BRCA mutations common among Jews, ovarian cancer is both stubbornly difficult to detect early and has a very high late-stage mortality rate. Women should be screened for the mutations by age 30, so they know their risks.

In its early stages, ovarian cancer usually has no obvious symptoms, or appears as bloating, abdominal pain or frequent urination that can be explained away by less serious causes. By the time it’s discovered, ovarian cancer is usually much more advanced than most other cancers and may have spread to surrounding organs. If that has occurred, the five-year survival rate drops considerably.

Women with the BRCA mutations have about a 50 per cent chance of getting ovarian cancer. The best option is usually to remove the ovaries.

“We put a lot of pressure on women to have their ovaries removed because it’s a life-saving procedure,” Levy-Lahad said.

That doesn’t mean these women can’t have children. The recommendation is that women wait to have the procedure until after they complete child-bearing, usually around the age of 35-40.

Much work still needs to be done on prevention, early detection and treatment of ovarian cancer, but new research shows some promise.

“The exciting thing is that we live in a genomic age, and we have unprecedented abilities to understand the causes of cancer,” Levy-Lahad said. “There’s a whole

field that, if you become affected, can look at the genetic makeup of the tumour you have.”

The study of these three “Jewish cancers” is a major component of the work of the Israel Cancer Research Fund (ICRF), which raises money in North America for cancer research in Israel. Of the \$3.85 million in grants distributed in Israel last year by the fund, roughly one-quarter was focused on breast cancer, ovarian cancer or melanoma, according to Ellen T. Rubin, ICRF’s director of research grants. The organization’s Rachel’s Society focuses specifically on supporting women’s cancer awareness and research.

A significant amount of the organization’s grants is focused on basic research that may be applicable to a broad spectrum of cancers. For example, the group is supporting research by Dr. Varda Rotter of the Weizmann Institute of Science into the role played by the p53 gene in ovarian cancer. P53 is a tumour suppressor that when mutated is involved in the majority of human cancers.

Likewise, Dr. Yehudit Bergman of the Hebrew University Hadassah Medical School is using an ICRF grant to study how the biological mechanisms that switch genes on and off – called epigenetic regulation – operate in stem cells and cancer.

“Only through basic research at the molecular level will cancer be conquered,” said Dr. Howard Cedar of the Hebrew University Hadassah Medical School.

Hopefully, one day there will be easier and better ways to detect and destroy the cancerous cells that lead to these diseases. But until those research breakthroughs, medical experts say that Jews, as members of a special high-risk category, should make sure they get genetic screenings and regular testing necessary for early detection and prevention.

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## JNF Blue Box

### Herzl's passing of his hat to collect coins started something big

Almost 50 years before the State of Israel became a modern-day reality, Herzl's vision for Israel drove fundraising campaign. It was a humble ask: At the Zionist Congress (Basel 1898), Theodor Herzl removed his hat and passed it among the delegates at the Congress and collected donations for land purchases to realize the dream.

**Symbol of the dream**  
But the JNF Blue Box has always been more than a fundraising device. From the beginning, it was an important educational tool to forge the bond between the Jewish people and their ancient homeland. It was a symbol of hope. In fact, at Yad Vashem, you will find JNF Blue Boxes among the items found in the remains of Jewish homes.



In the post-Second World War years, JNF's Blue Box became inseparable from childhood memories. Blue Boxes were placed in every Jewish school classroom, into which every Friday small coins were dropped. Donations helped to plant forests, create parks, prepare soil for agriculture and communities, carve out new roads and build water reservoirs. The Blue Box was a symbol of connectedness in action.

**From one little tin box**  
Since 1901, there has been an evolution of JNF's fundraising ideas and projects. The essence of our strength and unique place in Israel remains: we exist to build Israel and we respond to her needs as we have done for 116 years. Yes, we still collect Blue Boxes, plant trees and maintain our forests. Over the next few months, we will focus on more current projects and how we continue to make a difference as a result of your continued support.

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# Pride Shabbat dinner to bring Jewish and LGBTQ+ communities together

BY NORAH MOR

The Centre for Israel and Jewish Affairs (CIJA), Kehillat Beth Israel and the Jewish Federation of Ottawa will host Pride Shabbat Dinner, "a celebration of Jewish and LGBTQ+ communities," on Friday, August 25, as part of Ottawa's Capital Pride Festival.

Ariella Kimmel, CIJA's senior manager for partnerships, said the Ottawa dinner was part of a series of Shabbat dinners being held across Canada bringing Jewish and LGBTQ+ communities together during local pride festivals.

"As two of the most targeted communities for hate crimes in Canada, it's important that the two communities stand together against hate and bigotry," she said.

"This is the first year CIJA is working with local Jewish communities and our National LGBTQ+ Advisory Council to plan five Pride Shabbat dinners in cities across the country. We will also be marching in various pride parades in Canada.

"The Shabbat dinners are an important step in building stronger ties between the Jewish and non-Jewish LGBTQ+ community and our allies," Kimmel said. "They offer a space for non-Jews to learn more about the Jewish community, while creating an environment for open dialogue."

The dinner will be led by Scott Goldstein, director of community collaboration at the Jewish Federation of Ottawa and will be preceded by a Kabbalat Shabbat service led by Rabbis Eytan Kenter and Deborah Zuker of Kehillat Beth Israel.

After dinner, "The Book of Daniel," a 10-minute play about a Jewish high school student grappling with being gay and coming out, will be presented. The performance will be followed by a talk-back with playwright Lawrence Aronovitch.

Rabbi Zuker, Kehillat Beth Israel's ritual, education and outreach director, said issues of inclusion and pluralism are among the founding values of the congregation and the event "is an opportunity for us to be at the forefront and illustrate these values. We will also participate in the Sunday parade."

The Pride Shabbat Dinner is being supported by a



Playwright Lawrence Aronovitch will be on hand for a talk-back following the performance of "The Book of Daniel" at the Pride Shabbat Dinner.

Federation Emerging Generation (EG) grant.

"EG is happy to support initiatives that help bring together young Jewish adults in our community to celebrate, learn, schmooze and unite," said Byron Pascoe, chair of EG grants committee, "We are proud to support this meaningful event."

"It is important for the Jewish community to participate in Pride, and to find ways to bring the Jewish and LGBTQ+ communities together," added Kimmel. "CIJA hopes to see the community both celebrating Pride Shabbat and marching in the Capital Pride Parade."

Pride Shabbat Dinner takes place Friday, August 25, 6 pm, at Kehillat Beth Israel, 1400 Coldrey Avenue. Tickets are \$18 (adults) and \$10 (students, children, underemployed) and must be reserved in advance at <http://tinyurl.com/pride-shabbat-ottawa>.

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## AJA 50+ gears up for fall programs

BY MAUREEN R. KATZ  
FOR AJA 50+

Active Jewish Adults (AJA) 50+ has just released details of our programs for the fall season. With an array of outstanding lectures and outings, this session is not to be missed.

AJA 50+ is a grassroots organization of 400 members which provides daytime opportunities for members to come together and share common experiences.

Here is just a taste of what is this session has to offer.

Do you like parrots? Come join us at the Parrot Partner Aviary in Carleton Place where you will engage in the rehabilitation of parrots and just might have a chance to take a parrot for a walk in its stroller. We'll have lunch in Carleton Place after the tour.

Visit the Jacob M. Lowy Collection at Library and Archives Canada to see the *Akedat Yitzchak* and rare Hebrew books censored during the Spanish Inquisition.

A trip to the Traffic Control Centre will help you understand how traffic flows in Ottawa while a guided tour of the National Cemetery of Canada in

Beechwood will provide insight into the history of Canada and Ottawa.

Among the speakers offering lectures or talks this season will be author Frances Itani discussing her latest historical fiction novel and Centre for Israel and Jewish Affairs counsel Richard Marceau on how Canadians view Israel.

Other programs of interest include a City of Ottawa presentation on building a liveable Ottawa for seniors, brain fitness training, ukulele lessons, and a hands-on demonstration of how stained glass is made.

Weekly sessions include Scrabble, bridge (beginner and advanced), mah-jong, chess, and, new to AJA 50+, bowling and ping pong.

You can join AJA 50+, or renew your membership and register for programs on Monday, August 28, 9:30 am until noon, at the Soloway Jewish Community Centre. Come for a nosh and visit with old friends and new as you open the door to a wide selection of outstanding lectures, educational pursuits, presentations and outings for all tastes.

Visit [www.aja50plus.ca](http://www.aja50plus.ca) for more information about this incredible organization in your community.

## Notorious Holocaust denier Ernst Zundel dies

(JTA) – Ernst Zundel, a Holocaust denier who was jailed for inciting hatred against Jews, has died in Germany.

Zundel died August 6 at his home in Baden-Wuerttemberg, reportedly of a heart attack. He was 78.

He served a five-year prison sentence in Mannheim, Germany, after being found guilty in 2007 of inciting hatred against Jews and systematically denying the Nazi genocide against the Jews – in 14 specific instances – on his website and in a newsletter. His five-year sentence included two years in jail following his deportation from Canada in 2005. He left prison in 2010.

A native of Germany, Zundel left the country in 1958 allegedly to avoid mili-

tary service. He was considered among the most active Holocaust deniers in the world and was arrested in Canada in February 2003.

"Ernst Zundel's death brings to a close an especially pernicious saga that plagued Canadians for decades. Zundel was an unrepentant anti-Semite and defender of the evil Nazi regime, denying the Holocaust while at the same time fomenting hatred towards Jews. Zundel serves as a reminder of why civil society must remain vigilant in its battle with the purveyors of hate," said Centre for Israel and Jewish Affairs CEO Shimon Koffler Fogel in a statement.

*The Ottawa Jewish Bulletin contributed to this report.*

# Explaining the corruption scandals plaguing Benjamin Netanyahu and his family

BY BEN SALES

(JTA) – He has a firm grip on the government, but a mounting political scandal might bring him down. Some officials from his own party have begun to distance themselves from him, but he remains defiant.

Oh, and his son is in trouble, too.

Just one more thing Benjamin Netanyahu has in common with U.S. President Donald Trump.

Except there's a difference: While Trump faces one sprawling scandal, the Russia affair, Israel's prime minister is embroiled in at least two. Police are conducting two additional corruption investigations that indirectly involve him. His wife, Sara, will probably be indicted soon in a separate case. And a left-wing NGO just sued his son, Yair.

Netanyahu appeared to be in increasing peril this month when Ari Harow, his American-born former chief of staff, became a state witness. Despite it all, Netanyahu has remained confident. He has accused the Israeli media of peddling "fake news" about the scandals. On August 7, responding to an article predicting his ouster, Netanyahu tweeted two words: "Won't happen."

But will it happen? After winning four Israeli elections, will Netanyahu be done in by his own misdeeds (or is it prosecutorial overreach)? Here's a primer on the string of scandals and what they mean for the prime minister.

## Netanyahu is under investigation for receiving gifts and taking bribes.

The two main corruption scandals involving Netanyahu both concern allegations of illicit dealings with rich and powerful men. In the first, Case 1000, Netanyahu is accused of receiving expensive gifts from billionaires and then taking action on their behalf. In the second, Case 2000, he is accused of striking an illicit deal with a newspaper publisher.

In Case 1000, Netanyahu is alleged



Israeli Prime Minister Benjamin Netanyahu and wife Sara on their way to Greece for a two-day state visit, June 14, 2017.

to have received tens of thousands of dollars' worth of gifts from Arnon Milchan, an Israeli Hollywood producer, and James Packer, an Australian casino mogul. The gifts include champagne, cigars, flights and hotel rooms.

In return, Netanyahu supposedly helped Milchan obtain a U.S. visa and Packer secure a residency permit in Israel. Netanyahu has acknowledged receiving the gifts but denies they were illegal or constituted bribes.

In Case 2000, Netanyahu is accused of conspiring with Arnon Mozes, the owner of the Israeli daily Yediot Acharonot, to advance legislation hobbling the free and pro-Netanyahu tabloid Israel Hayom bankrolled by American bil-

lionaire Sheldon Adelson. Yediot, which has historically criticized Netanyahu,

was to cover him more favourably in  
See Netanyahu on page 21



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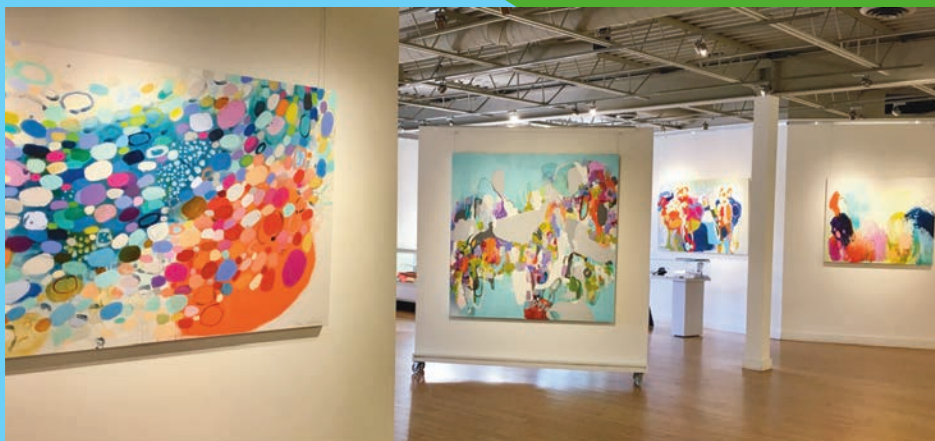


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# WESTBORO VILLAGE *Spotlight*

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The area is home to some of the most unique shops in Eastern Ontario with exclusive retailers that offer everything from fitness and outdoor equipment, services, home decor, specialty foods, fine dining, clothing and accessories to everything in between.

And it's very pedestrian friendly - just by walking around Westboro Village you can access a myriad of shops and restaurants.

Upcoming events include Westboro Fuse, August 26 & 27, Westboro's Premier Fashion Event on September 23.

For more information about this trendsetting neighborhood, check out their website at: <http://westborovillage.com/> which includes a map, directory of shops, services and an online calendar of events and a blog.



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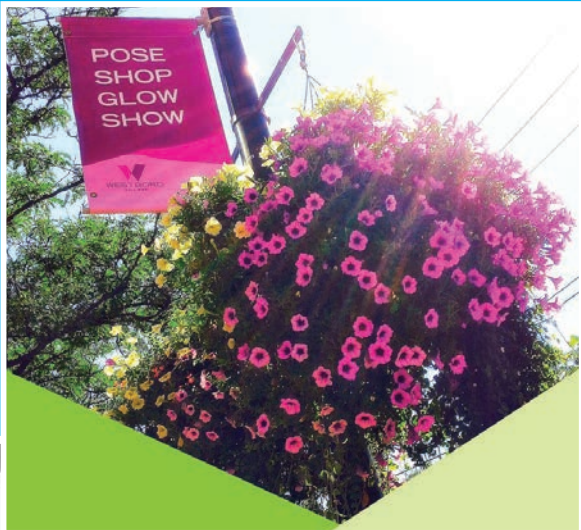
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# Volunteers needed for TempleCares palliative program

BY GLENN JOHNSON  
FOR TEMPLE ISRAEL

Temple Israel is seeking volunteers for TempleCares, its new palliative care outreach program, and will hold an information session on Tuesday, August 29, 7 pm, at Temple Israel.

The program grew out of strong response to Temple Israel's public forum, "Living and Dying with Dignity," which featured medical specialists and community members with an interest in palliative care and advance care planning.

Rabbi Rob Morais and program coordinator Pamela Cogan will explain the TempleCares program at the information session.

"We are excited about TempleCares as there are significant needs in the community for palliative care that is done through a Jewish lens, which takes into consideration cultural, religious and sociological needs," said Rabbi Morais.

"Our training will include exploration of the mitzvot involved: *bikur cholim* (visiting the sick), *chesed* (kindness), and *gimilut chasadim* (acts of loving kindness)."

Specifics on how these skills will be incorporated will be outlined at the meeting.

Cogan, chair of Temple Israel's Social Action Committee, and organizer of the program, said the plan is to begin accepting client referrals in the fall.

"As soon as the volunteer training is completed, by the end of October, we will be opening our program to intake of clients," said Cogan, a respiratory therapist at the Ottawa Hospital.

Jewish families and their caregivers will be able to refer palliative care clients through an easy-to-use online form

on the Temple Israel website, or by contacting the synagogue office.

Volunteer training will be done in five two-hour sessions in September and October with an additional online training component from the Canadian Hospice Palliative Care Association.

Volunteers are needed to visit clients, for other roles such as driving, and for other skills based on the needs of the program and availability and interests of the volunteers.

The program will work with the grassroots organization Compassionate Ottawa, which formed last year under the leadership of Temple Israel member Jacquelin Holzman, a former mayor of Ottawa, and Jim Nininger, and which is aligned with the OutCare Foundation.

Temple Israel member Dr. Paul L. Hacker, a palliative care physician with Community Palliative Medicine Associates, says the medical community is only part of the palliative care process. It also needs strong community participation.

"Palliative and supportive care is a team effort and everybody plays a part across the whole spectrum. ... There are things volunteers can do that no one else in the spectrum can do," he said.

Cogan said the need for volunteers is a way to help not only the patient, but their families as well.

"Support from a volunteer visitor can be so special and helpful ... whether it is listening, praying or just sitting together, or giving the family much needed rest and breaks."

Those interested in volunteering for TempleCares are asked to contact Temple Israel at [reception@templeisraelottawa.com](mailto:reception@templeisraelottawa.com) by August 22 to RSVP for the information session.



Program coordinator Pamela Cogan and Rabbi Rob Morais will discuss Temple Israel's new palliative care program at an information session for volunteers, August 29.

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This course examines Judaism as a civilization with a religious culture. It explores the diversity of Jewish life in both theory and practice, with an emphasis on Jewish identity in the modern world.

**Instructor:** Prof. Rebecca Margolis [rmargoli@uOttawa.ca](mailto:rmargoli@uOttawa.ca)

#### Winter Term, January 8-April 11, 2018

*History of Jews in Canada* (HIS/CDN 2105),

Wednesdays, 1:00-2:30 pm, Fridays 11:30-1:00 pm

Overview of the history of the Jewish community in Canada from the English regime to the contemporary period.

**Instructor:** Prof. Pierre Anctil [panctil@uottawa.ca](mailto:panctil@uottawa.ca)

*Yiddish Literature and Film* (YDD 2104) Thursdays, 2:30-5:30 pm

This course offers a study of Yiddish literature and film in Europe and America. Discussion of major themes in Yiddish literary works and film as well as the social and cultural contexts behind their creation. No previous knowledge of Yiddish is required.

**Instructor:** Prof. Rebecca Margolis [rmargoli@uOttawa.ca](mailto:rmargoli@uOttawa.ca)

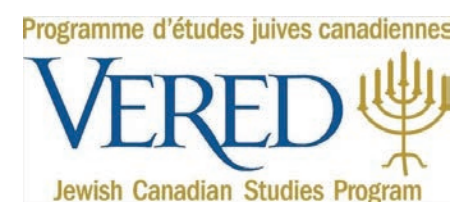
Community members are welcome to take the course without credit as auditors; please contact the course instructor to obtain written permission before registering. For more information, visit <https://arts.uottawa.ca/en/special-students-faculty-arts> or call 613-562-5134.

Teaching staff: Irving Abella, Pierre Anctil, Rebecca Margolis, Seymour Mayne, Randal Schnoor, Natalia Vesselova

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**How to apply:**

Send resume and references to Leah Smith at [leahs@sympatico.ca](mailto:leahs@sympatico.ca)

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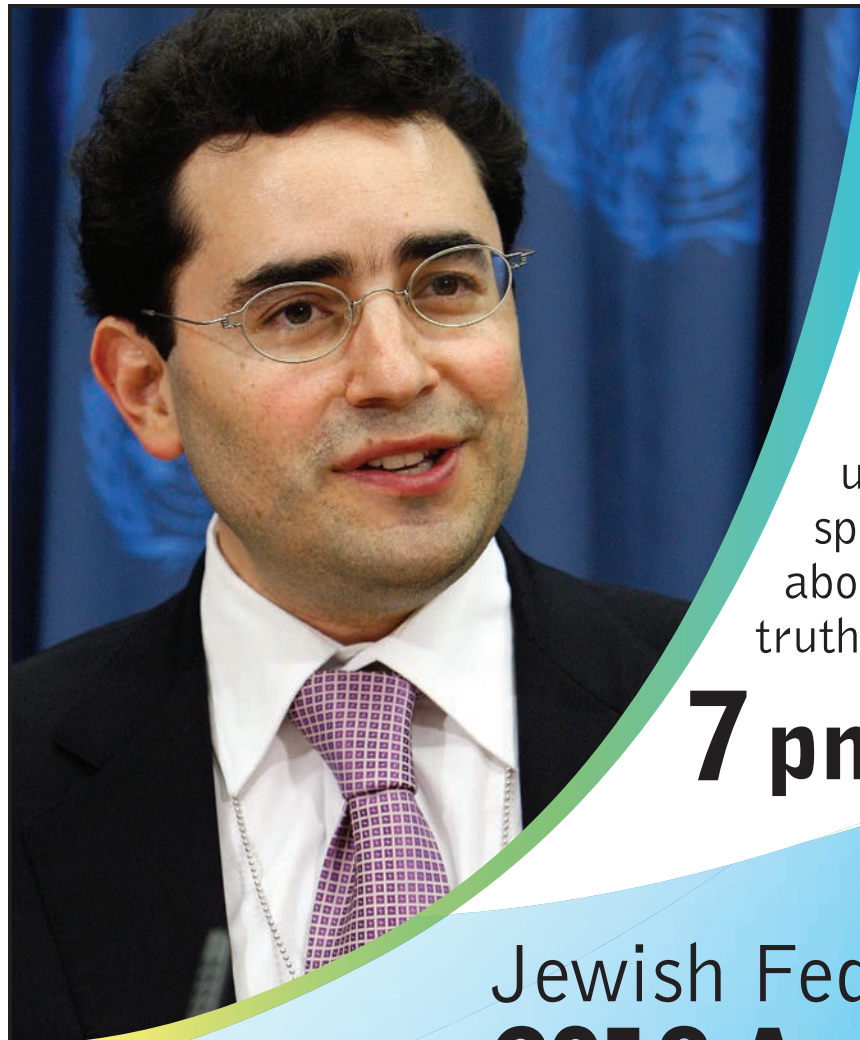
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# Netanyahu: 66 per cent of Israelis say PM should resign if indicted

Continued from page 11

return. Although recordings of the conversations exist, Netanyahu denies any wrongdoing.

## He's mixed up in two other corruption scandals – and his wife and son are in trouble, too.

Now you know about Cases 1000 and 2000. Here's some info on Cases 3000 and 4000, targeting Netanyahu's associates, plus another scandal involving his wife, and another involving his son.

Case 3000 involves alleged corruption in the sale of German submarines to Israel. Police have accused businessman Michael Ganor of bribing government officials to become the negotiating agent for Thyssen-Krupp, the German company that built the subs. In addition, Netanyahu's personal lawyer, David Shimron, was simultaneously acting as Ganor's representative during the negotiations over the sale.

In Case 4000, the director-general of Israel's Communications Ministry, Shlomo Filber, is accused of illicitly allowing Bezeq, the national telephone company, to buy shares of YES, a satellite cable provider. Filber was appointed by Netanyahu, who also serves as communications minister.

Meanwhile, Sara Netanyahu is likely to be indicted for misusing public funds at the couple's official residences. The Israeli first lady is accused of using government money to pay for private chefs at family events, a caregiver for her father and weekend electrical work at the couple's home in the tony coastal town of Caesarea. The allegations have long dogged Sara Netanyahu, who sometimes comes off in the Israeli media as the country's Marie Antoinette.

Finally Molad, a left-wing Israeli think tank, has sued Yair Netanyahu for libel. Yair, the eldest son of the Netanyahus at 26, wrote a Facebook post this month calling the group a "radical, anti-Zionist organization funded by the Fund for Israel's Destruction" (a reference to the New Israel Fund, a left-wing NGO and bête noire of the Israeli right). Earlier that day, Molad had posted a listicle criticizing Yair Netanyahu's political views and use of public funds.

## Netanyahu could be nearing indictment – but might still stay in office.

So, what does this all mean for Netanyahu, who has governed Israel since the beginning of the Obama administration in his second go-round as prime minister?

It depends on two factors: whether he is indicted, and whether that creates enough pressure to force him to resign.

The fact that police are now working with Ari Harow, a confidant of the prime minister's, means that he may provide information leading to an indictment. The recordings of Netanyahu's conversations with Mozes, for example, were found on Harow's phone.

Harow served two terms as Netanyahu's chief of



Israeli Prime Minister Benjamin Netanyahu, speaking at a rally in Tel Aviv on August 9, called the corruption investigations "an obsessive witch hunt against me and my family" and said the Israeli media was reporting "fake news."

staff, and founded a consulting company between the two stints. Police have accused him of using his government position to advance his business interests. In return for becoming a state witness, Harow agreed to a plea deal in which he will perform community service and pay a fine rather than serve a prison time.

But even with Harow's testimony, the going will still be slow. According to a handy explainer in Haaretz, police are not expected to issue their recommendation until after the High Holidays. If police recommend an indictment, it could still take several months until the attorney general formally indicts Netanyahu. Even then, he isn't legally required to resign.

So, the prime minister's fate may come down to pressure from fellow politicians and the public. A poll by Israel's Channel 10 found that 66 per cent of Israelis believe Netanyahu should resign if indicted. There is intrigue within Netanyahu's Likud party as well, with some ministers openly backing him while another, speaking anonymously, said he should resign if indicted.

(Un)fortunately, there's a precedent for this decision: Nine years ago, facing multiple corruption scandals, centrist prime minister Ehud Olmert resigned even before police recommended an indictment. But stepping down didn't help him, as Olmert was sentenced to prison in 2015 and served 16 months before being paroled in July.

Nor did resigning help Olmert's Kadima party. His successor, Tzipi Livni, lost the subsequent election in 2009 – to Benjamin Netanyahu.



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# Give back to Canada: CIJA launches Pledge 150 campaign

Reflecting on Canada 150, Shimon Koffler Fogel, CEO of the Centre for Israel and Jewish Affairs (CIJA), wrote in the July 8 edition of the Globe and Mail:

“Surely marking 150 years as a united confederation means more than just an extravagant party and a day off work? ... Canada 150 is an opportunity to appreciate the privileges and benefits we enjoy in our great country. But these reflections risk becoming mere platitudes if they are not animated with positive action. With privilege comes responsibility. Canada 150 is a moment for each of us to consider how we can pay the great gift of being Canadian forward through tangible contributions that enhance the experience for all who call Canada home.”

As someone whose family has been in Canada since the late 1700s, these words resonated with me. Indeed, my own ancestors were among Canada's first refugees: Loyalists who had supported and fought for the British in the American Revolution.

In my case, the Lyon family (my father's mother's family) were Connecticut Loyalists who lost everything because of their active service to the Crown. Passionate supporters of the British way of life and system of gov-



*A remarkable country doesn't just happen; it is the product of vision, values, and hard work. This no less true today than it was in 1867. The country my children inherit will be made better or worse by the actions (or inaction) of my own generation.*

ernment, they fled to New Brunswick bereft of their possessions. In their new home, unfamiliar but welcoming, they turned their efforts to building the extraordinary country that would become Canada.

The legacy the Loyalists left – combined with the work of generations of Canadians from innumerable backgrounds – was poignantly felt on the 150th anniversary of Canadian confed-

eration. Today, Canada is the envy of much of the world. While Canada is not perfect (what nation is?), Canadians enjoy greater freedom, security, social harmony, and prosperity than perhaps any other country on the planet.

More than anything, our forebears taught us that, as with most good things in life, a remarkable country doesn't just happen; it is the product of vision, values, and hard work. This no less true today than it was in 1867. The country my children inherit will be made better or worse by the actions (or inaction) of my own generation.

It was in that vein that Shimon continued, in his Globe and Mail column, to present a Pledge 150 challenge to all faith communities.

“The challenge is straightforward: we ask every church, temple, mosque and synagogue to commit to undertaking 150 positive deeds that make Canada better tomorrow than it is today. 150 volunteer hours visiting the elderly. 150 new donations to community food banks. 150 new Canadian Blood Services donations. 150 hands extended to Indigenous communities. The list of concrete opportunities is as limitless as the need for them.”

What better way to teach our children what it means to be Canadian than to do something tangible to make our

country a better place?

At the same time, the Pledge 150 approach requires us to be thoughtful, organized, and sustained in our contribution. Based on the premise that we are changed through repetition, Maimonides, the great Jewish philosopher and rabbi noted that it is better to undertake many individual acts than one large act of giving. The process of giving not only benefits the recipient but, when adopted as a conscious habit, it also creates a mindset of generosity in the donor.

If you, your family, or your synagogue is interested in taking part, I invite you to visit [www.pledge150.ca](http://www.pledge150.ca) for more details – and to connect with us to share your Pledge 150 ideas with others. As for me and my family, we have pledged to collect 150 items of clothing over the year to donate to those in need. By encouraging our young children to be part of the effort, we share with them the importance of helping those less fortunate – a value at the heart of Jewish tradition and Canadian civic values.

Steve McDonald is deputy director, communications and public affairs, at the Centre for Israel and Jewish Affairs – the advocacy agent of the Jewish Federation of Ottawa and Canada's other Jewish Federations.



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

### 613-728-3990

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

\*\*\*\*\*

#### Recreation Program

##### In Honour of:

Gail Davidson Our sincere thanks for your dedication to our choir by the Kol Miriam Choir

\*\*\*\*\*

#### Therapeutic Program

##### In Honour of:

Laurie and Carol Pascoe Mazel Tov on your 45th Anniversary by Maureen and Clary Ottman  
Ed Rose Happy 70th Birthday by Maureen and Clary Ottman

\*\*\*\*\*

##### In Memory of:

Vincent Midgley by the residents, staff and Boards of the Lodge and LTC Foundation, Evelyn Monson, Sylvia Monson and Sheila Bahar

Rose Stein by the residents, staff and Boards of the Lodge and LTC Foundation, Arnie Swedler and Rhoda Zaitlin

Elaine Gebel by Beverly and Irving Swedko  
Harry Bloom by the residents, staff and Boards of the Lodge and LTC Foundation and James Long (Ottawa Valley Country Music Hall of Fame)  
Morris Lipkowitz by Glenda, David and Jor-

dana Moss

Benjamin Luffman by Jeff and Felice Pleet  
Bernard Stein by Michael and Muriel Wexler and family

Frances Wendman by Carolyn Weiss  
Hans Heinrich Trevor-Deutsch by Stephen and Debra Schneiderman

##### In Honour of:

Abby Rabinowitz Thank you for enriching the garden and the lives of the residents of Hillel Lodge by the residents, staff and volunteers of Hillel Lodge

Lionel Metrick Mazel Tov on your 100th Birthday by Helen Kahane and Harvey and Ruth Kahane Goldberg and the residents, staff

and Boards of the Lodge and LTC Foundation

Barb and Len Farber Mazel Tov on your 45th Anniversary by Trudy and Sheldon Wiseman

Henry and Maureen Molot Mazel Tov on reaching this milestone Anniversary by Lonia, Cheryl, Bob, Laura, Sarah and Michelle

Ellen Joy Fleming Mazel Tov on your special Birthday by Carolyn Weiss

##### R'Fuah Shlema:

Carl Raskin by Marilyn Binder  
Eddie Kerzner by Evelyn Greenberg

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“GIVING IS RECEIVING” - ATTRACTIVE CARDS AVAILABLE FOR ALL OCCASIONS

Here's a great opportunity to recognize an event or convey the appropriate sentiment to someone important to you and at the same time support the Lodge. Call orders may be given to Cathie at 728-3990, 7:30 a.m. – 3:30 p.m. Monday to Friday. You may also go to: [www.hillel-ltc.com](http://www.hillel-ltc.com) and click on the “Donate Now” button to make your donations. Cards may be paid for by Visa or Mastercard. Contributions are tax deductible.

# Fall 2017 ADULT PROGRAMS at the Soloway JCC

## Florence Melton School of Adult Jewish Learning

### The Dramas of Jewish Living Throughout the Ages

with Rabbi Steven Garten

What are the lessons and dilemmas of Jewish history, from the earliest wanderings of Abraham to the modern experiment in Jewish statehood? How do the turning points in Jewish history influence our lives today? This course investigates how the Jewish past gives meaning to the Jewish present.

### The Ethics of Jewish Living

with Rabbi Scher

This course shows how Jewish teachings, through the wisdom of ancient and modern rabbis, scholars and thinkers, shed light on contemporary issues such as the environment, interpersonal relationships, end-of-life decisions, and stem-cell research.

Monday, 10:00 am–12:15 pm

Fall: September 11–December 11  
No class: October 9

Spring: March 26 – June 11

### Scholars Course

### Beyond Borders: The History of the Arab Israeli Conflict

with Rabbi Steven Garten

Students are provided with a strong, text-based historical overview from the late nineteenth century through today. The complexity of the conflict will have students looking at issues of religion, culture, history, politics, economics, identity and survival through primary sources. Course material is designed to help students appreciate the basis of the conflicting historical claims made by both sides.

Wednesday, 10:00 am–11:30 am

Fall: September 13–December 13  
No Class: November 1, 8, 15

Spring Session: March 28–May 30

To register for Florence Melton Adult School courses please visit:  
[www.events.org/MeltonOttawa](http://www.events.org/MeltonOttawa)

Information: Roslyn (613) 798-9818 ext. 254

For course descriptions, prices and courses beginning in October please visit [www.jccottawa.com](http://www.jccottawa.com) or contact Roslyn Brozovsky Wollock Adult Program Manager (613) 798-9818 ext. 254, [rwollock@jccottawa.com](mailto:rwollock@jccottawa.com)

**SJCC Shira Ottawa Choir**  
with conductor-composer Benjamin Sajo and collaborative pianist, Aviva Lightstone

**Open House: Tuesday, September 12**  
6:45 pm–8:45 pm  
JCC Teen Lounge

September 26–May 22  
Tuesday 6:45 pm–8:45 pm

**150 Years of Jewish Life in Canada**  
with Professor Pierre Anctil

September 18–November 6  
Monday 1:00 pm–2:30 pm

**Masterpieces of European Literature**  
with Professor Gefen Bar-On Santor

September 19–October 24  
Tuesday 10:00 am–12:00 pm

**Canadian Jazz: Going Strong for More than a Century**  
with Karl Nerenberg

September 26–October 31  
Tuesday 1:00 pm–2:30 pm

**Introduction to Acting**  
with actor, director, Pierre Brault

September 18–November 13  
Monday 7:00 pm–9:00 pm

**Sculpture, Architecture, and Design in the Gardens and Woods of Italian Renaissance Villas**  
with Dr. Susanne McColeman

September 18–October 30  
Monday 10:00 am–12:00 pm

**Hebrew From Scratch**  
with Sigal Baray

September 12–November 14  
Tuesday 7:00 pm–8:30 pm

**Modern Conversational Hebrew – Advanced Beginner**  
with Ella Dagan

September 12–November 14  
Tuesday 7:00 pm–8:30 pm

**Beginner Spanish**  
with Wendy Ordonez

October 20–December 8  
Friday 10:00 am–11:30 am

**Advanced Beginner Spanish**  
with Wendy Ordonez

September 14–December 14  
Thursday 12:15 pm–1:45 pm

**Intermediate Spanish**  
with Wendy Ordonez

September 14–December 14  
Thursday 10:30 am–12:00 pm

**S'iz Besser in Yiddish**  
with Shirley Steinberg and Rubin Friedman

Monday, September 11  
10:00 am–11:30 am

**NEW**

### CULTURAL MEMBERSHIP

Access to and member pricing on Jewish Educational Programs, concerts, lectures, exhibits, Jewish Film Society and the Greenberg Families Library.  
Tax Receipts of \$180.

(No access to Fitness Centre or pool)

\$300

# Should PJ Library still be free?

The delightfully titled *Face Book* was the first book I remember getting when we signed our daughter up for PJ Library, a program that sends a free book each month to Jewish children over the age of six months.

The book had nothing to do with social media. It was pictures of babies, with all sorts of expressions on their faces, along with the Hebrew and English words for the emotions. The kids were diverse, their faces hilarious, and my daughter loved it.

Since then, most of the PJ Library books we've received have been big hits. I'm not alone among the parents in the program who say how lovely it is to get books in the mail and be able to learn along with our children about Jewish traditions and holidays.

About 550 kids in Ottawa are enrolled in the program; there are around 170,000 getting books across North America.

Founder Harold Grinspoon "hoped that bringing parents and children together over Jewish-themed books would not just be worthwhile in its own right, but inspire them to connect with other Jewish programs and institutions," according to a July 24 piece in the Ottawa Jewish Bulletin about the program.

To figure out whether that's happening, the program has run surveys every few years and the 2016 results were in the last issue of the Bulletin.

According to the study, 75 per cent of Ottawa families have attended more Jewish events than previous years, compared to 46 per cent in communities across North America, so it seems to be working.

Are families attending more events than they would have without the program?



STEPHANIE SHEFRIN  
**MODERN  
MISHPOCHA**

*PJ Library isn't just books but also community-wide parties, parents' nights, book clubs.*

I'd say sure – because there are more events. PJ Library isn't just books but also community-wide parties, parents' nights, book clubs. Seems to me that in the four years I've been a parent, the number of Jewish events aimed at young families has increased significantly year over year. So, when we filled out the survey, I can say we replied yes, we are attending more events.

Either way, it's wonderful that more families feel they are participating more in Jewish community life.

But, in Ottawa, only 31 per cent of those surveyed responded to the questionnaire. Again, this number was higher than the 20 per cent of families across North America.

So two-thirds of the people in Ottawa who get FREE books every month and get to attend events for nearly nothing several times a year couldn't take a few minutes to answer some questions about the program? Come on.

Maybe I'm being overly cynical. We're all busy, we get

a zillion surveys, and I shouldn't read anything into the seeming absence of a meaningful response to this one.

But the low response rate makes me wonder if PJ Library – despite its benefits and success – helps contribute to what seems to be the perennial issue facing Jewish community organizations: people are more than willing and eager to participate until something – money or time – is asked of them in return.

And if that's the case, how are programs like PJ sustainable?

Maybe on the next survey they could flesh that out, and ask people whether their participation in PJ Library has led them to donate financially to a Jewish organization or volunteer their time with one?

In the meantime, here are some ideas.

I'm guessing PJ Library gets the books for less than retail – a quick search suggests the ones we've received in recent months range in price from \$4 to \$14 on Amazon.ca.

So, for fun, let's say the average cost is about \$7, which works out to \$84 for the year. Would people pay that as a membership fee for the program to get the same books you'll never find in the public library? I wonder.

Or this: we're headed into the season of "asks" – shuls are asking for members, the Jewish Federation of Ottawa will be asking for donations for its Annual Campaign – and we'll all be asking ourselves what do I get in return for this money, what's the value in all this to me?

For PJ Library families, at the very least, it's \$84. So let's all consider adding that to our tzedakah. You might already have a box – the free one you got from PJ Library.

## Registration is now open!

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Temple membership is not a requirement of enrollment. Join our high school any time (Gr. 7-12)

For registration form and calendar:

<http://templeisraelottawa.ca/religious-school/>

For more information: Sue Potechin, Principal

613-224-3133 or [tirs@templeisraelottawa.ca](mailto:tirs@templeisraelottawa.ca)



# Self-care is important for your mind and body

It's not selfish to look after yourself. In fact, giving yourself what you need can improve your physical and mental health, as well as your relationships with others. It's easy to overlook your own needs regardless of your personal situation. You may not even realize you're neglecting yourself. You may have a busy career or be retired. You may have young children, teenagers, special-needs children or elderly parents whom you care for. Even pets take up our time and depend on us.

If you constantly do for others and don't make time for yourself, you can get run down mentally and physically. Self-care may mean something different to each person. It's something you can do that makes you feel relaxed and reenergized. It can be anything from your favourite form of exercise to getting a massage to doing arts and crafts. If you have to force yourself to do it – if you don't enjoy it – then it's not really self-care. Consciously deciding to do certain things and setting aside time for them is the key. If you're the type of person who just never gets around to doing things that are good for your emotional hygiene, schedule them into your week.

Actively avoiding unpleasant, unnecessary activities can also be viewed as self-care. For example, when you get home after work, turn off your email. Just because the technology exists, it doesn't mean you have to be a slave to it. Turn off the television or stop perusing the Internet if the bad news headlines stress you out. Instead, put on some music that you find soothing or cheerful.

If you constantly glance at your cell phone to see what's happening on social media or if you have a Pavlovian-style response every time your cell phone dings



**GLORIA SCHWARTZ**  
**FOCUS ON FITNESS**

*Make time for your daily needs even in small ways. Focus on self-awareness and how you're feeling. Think of self-care as preventative medicine.*

with a text message, turn it off. You may feel anxious initially, but if you set aside some time each day to remove yourself from the tyranny of technology, you'll adapt and feel more engaged in the present.

Try to choose something that you can do each day for your wellness, even if it's just something for a few minutes. A walk around the block can clear your mind. Time spent cuddling with your dog or cat is excellent for your blood pressure and resting heart rate and is good for theirs, too. Of course, pets aren't your only loved ones. Find ways to spend time with your friends and family. Reduce the potential for stress by mentally preparing and planning an activity everyone can enjoy without arguments. This can be a challenge for some families. Sometimes alone time is the best form of self-care. Luxuriate in a hot bubble bath and light a scented candle. Close your eyes. Tune out the noise. Let all the problems in the world – or

behind the bathroom door – momentarily disappear.

Read a good book. If most of your reading is work-related, pick up a novel or some type of book that you normally wouldn't read. Whether you're perusing the shelves at the local library or seeking an e-book online, glance through the titles and grab whatever you gravitate towards. Sometimes the most obscure or unexpected topic can give you a bit of an escape or expand your horizons. Creative writing is self-care. Express your feelings in a journal or pen a poem.

Socializing can be self-care. Playing cards, golfing or going out for coffee and a chat with good friends can be great therapy.

When we sleep, many natural healing processes take place in our body. For example, our muscles relax, blood pressure drops, heart rate slows, growth hormone is released and tissue grows and repairs. Appetite-regulating hormones are better balanced and cognitive and physical abilities are primed when you get a full night's sleep. There's nothing wrong with taking a nap in the middle of the day if your body is telling you that you're tired. If you're at work, find a moment to close your eyes briefly, breathe deeply and stretch.

Self-care can be as simple as laughing. Watch a funny movie or read a few jokes. It's interesting how some people consider certain activities as relaxing and enjoyable, while others consider them stressful. For example, some people – women and men – love a pedicure; but if you're ticklish it's torturous.

Give yourself permission to make time for your daily needs even in small ways. Focus on self-awareness and how you're feeling. Think of self-care as preventative medicine.

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**Torah Study** 9:00 am

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## Celebrate the Holidays

by placing your Rosh Hashanah greetings in the Bulletin

Greetings will be published in the September 18, 2017 issue.  
Deadline: August 28, 2017.

Choose from one of these options. The messages are interchangeable.  
Ads will be in colour. Cost: \$54 (incl. HST)

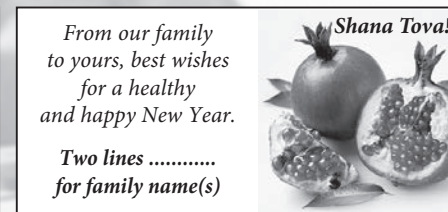
### Option 1.



*Best wishes for a sweet, happy and healthy New Year. Shana Tova!*

*Two lines ..... for family name(s)*


### Option 2.



*From our family to yours, best wishes for a healthy and happy New Year. Shana Tova!*

*Two lines ..... for family name(s)*


### Option 3.



*May the New Year bring all the blessings of peace, health and prosperity. Shana Tova.*

*Two lines ..... for family name(s)*

### Option 4.



*To our family and friends, happy, healthy and peaceful New Year. Shana Tova.*

*Two lines ..... for family name(s)*

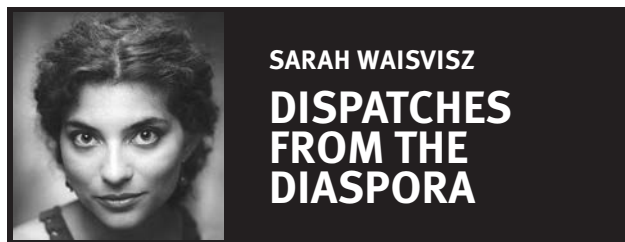
Greetings must be prepaid by VISA or MasterCard, and must be submitted before Monday, August 28, 2017. Phone orders will be taken by Eddie Peltzman at 613-798-4696, ext. 256. or by e-mail at [epeltzman@ottawajewishbulletin.com](mailto:epeltzman@ottawajewishbulletin.com)

# 'The experience of diaspora can enrich our Jewish lives'

**W**e are in a heady time of the Jewish calendar. While you are reading this piece near the end of Av, I wrote it during the three weeks of mourning culminating in Tisha B'Av. This solemn period recalls the destruction of both the First and the Second Temples which were both destroyed on the ninth of Av in 423 BCE and 70 CE, respectively. The destruction of the Temples, and the subsequent exiling of the Jewish people, resulted in the dispersal known as the Jewish Diaspora. On Tisha B'Av we read *Eichah* (The Book of Lamentations). *Eichah* is not a text that celebrates diaspora but, rather, it laments exile and grieves the loss of Zion. Observant Jews mark Tisha B'Av with customs associated with a day of mourning.

The result of both this ancient exile and the accumulation of contemporary exiles is the experience or condition of diaspora and, despite Tisha B'Av's emphasis on solemnity, diaspora is complex and can be experienced across a spectrum ranging from the positive to the negative. Diaspora based on choice, dreams of economic prosperity, or wanderlust is experienced very differently from an exile and subsequent diaspora precipitated by reasons such as war, genocide, political instability, mortal danger, or oppression.

Jews have lived in diaspora communities for countless generations and in every corner of this vast planet. My favourite cookbook, Clarissa Hyman's *The Jewish Kitchen: Recipes and Stories from Around the World*, pairs recipes with stories of the communities from which they have been sourced. The recipes and stories read like mini-essays on diaspora and syncretic living, revealing how communities have thrived in new environments by adapting local recipes to comply with



*Jews have lived in diaspora communities for countless generations and in every corner of this vast planet.*

Jewish dietary laws or by adapting traditional family recipes so that they correspond to local ingredients and cultural mores. For example, Eastern European Jews arriving in Cuba after 1920 found they shared the local fondness for eating soup every day, but they had to learn how to make gefilte fish from snapper or grouper. Hyman accompanies the recipes with stories describing how the Jewish community of Bukhara is at least 2,500 years old; how the Jews of northern circumpolar Norway must decide for themselves when Shabbat begins and ends; and how Jewish-Indian food reflects the coexistence of the ancient Bene Israel with Mizrahi Jews originally from Iraq. The book overflows with Peter Cassidy's mouth-watering photographs of such dishes as pumpkin and sage risotto from the Venetian ghetto, Tunisian brik and msoki, chicken masala, Persian jewelled rice, and hazelnut rugelach.

When your family is particularly culturally and racially mixed up, adaptations and combinations can take on carnivalesque energy as they jostle together – usually benevolently, but sometimes discordantly – on

the same table. My Dutch-Jewish relatives lived on the island of Java for several generations and brought back a taste for Indonesian nasi goreng which, in Holland and Canada, their descendants still make with chicken instead of shrimp. I make charoset with dates and figs to honour our Sephardi links, and, at Chanukah, I sprinkle white sugar on latkes for my "zaidye," David Shentow z"l, who each year would swear up and down this was how his Polish family ate latkes in Belgium before the war.

The experience of diaspora can thus enrich our Jewish lives. And, yet, like many aspects of our tradition, there is a duality, a paradox, a twinning. Tisha B'Av reminds us that with diaspora there is grief, unbearable homesickness, and the struggle to rebuild a life. Both the celebration and the heartbreak of Diaspora are legitimate. Adapting your safta's kibbe recipe for Canadian spices is one way of moving forward even as you simultaneously reach one hand towards the past. It is a kind of honouring, a kind of active witnessing. Likewise there is a rhythm in how Tisha B'Av, the month of Av, prepares us for Tishrei. There is a balance in how the lamentations and contemplation of Av, and indeed the dirges of the book of *Eichah*, reach a crescendo that mirrors the emphasis on turning, hashkiveinu, of the High Holy Days.

Mindful of the privilege we share in experiencing our diaspora(s) in a country as rich and as peaceful as Canada, and on land that is a homeland to the indigenous peoples, I invite us in this season to be equally grateful for the myriad homelands and customs that connect us across time and space to our ancestors, to those who continue to live in the places now lost to us, and to each other here where we have landed.

## JOB OPENING

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- U-First, or other dementia care training an asset

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## Deadline Reminder

**Deadline for the community-wide Rosh Hashanah edition of the Ottawa Jewish Bulletin is Monday, August 28.**

## FOUNDATION DONATIONS | Ottawa Jewish Community Foundation

The Board of Directors of the Ottawa Jewish Community Foundation acknowledges with thanks contributions to the following funds from July 5, 2017 - July 31, 2017.

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**MAZEL TOV TO:**  
Michael and Rhoda Aronson on the birth of their grandson Ellis by Alan Freed and Sharon Rosentzveig.

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**BIRTHDAY WISHES TO:**  
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**IN OBSERVANCE OF THE YAHRZEIT OF:**  
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**MAZEL TOV TO:**  
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Shelley and Jordan Charness on the marriage of Dov to Sarah by Tal Gilboa, Rob Steiner and family.

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**MAZEL TOV TO:**  
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**BIRTHDAY WISHES TO:**  
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**IN MEMORY OF:**  
George Karlin by Linda and Steven Kerzner.  
Joel Taller by Linda and Steven Kerzner.  
Refuah Shlemah to:  
Margo Blostein by Linda and Steven Kerzner and family.  
Pauline Hochberg by Linda and Steven Kerzner and family.  
Leslie Smith by Linda and Steven Kerzner and family.

#### ARTHUR AND SARAH KIMMEL MEMORIAL FUND

**REFUAH SHLEMAH TO:**  
Bernard Rosenblatt by Daniel and Marilyn Kimmel.

**BIRTHDAY WISHES TO:**  
Arthur Kessler by Arnold and Roslyn Kimmel.  
Lauren Spitz by Arnold and Roslyn Kimmel.

**MAZEL TOV TO:**  
Norman Slover on completing 50 years in the practice of law by Daniel and Marilyn Kimmel.  
Seymour and Joy Mender on the engagement of their son by Daniel and Marilyn Kimmel.

**IN MEMORY OF:**  
Harvey Atkins by Arnold and Roslyn Kimmel.

#### MORRIS AND LILLIAN KIMMEL MEMORIAL FUND

**REFUAH SHLEMAH TO:**  
Richard Levitan by Steven and Shelli Kimmel.

## Foundation FACTS



**A Legacy Gift** places your aspirations for the future of the community in expert hands.

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

Find out more at [OJCF.CA](http://OJCF.CA) or contact **Andrea Freedman**, President and CEO at [afreedman@jewishottawa.com](mailto:afreedman@jewishottawa.com) 613-798-4711



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## SHARON KOFFMAN ATHLETIC SCHOLARSHIP FUND

**BIRTHDAY WISHES TO:**  
Elliott Levitan by Fay Koffman.  
**SUSAN AND DAVID KRIGER ENDOWMENT FUND**

**BIRTHDAY WISHES TO:**  
Anna Feldman by Susan and David Kriger.

## NORMAN AND ISABEL LESH ENDOWMENT FUND

**ANNIVERSARY WISHES TO:**  
Jack and Carol-Sue Shapiro by Isabel Lesh.

## SALLY AND ELLIOTT LEVITAN ENDOWMENT FUND

**BIRTHDAY WISHES TO:**  
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## SAMUEL AND LEEMA MAGIDSON ENDOWMENT FUND

**IN MEMORY OF:**  
Laura Spergel by Arnold and Roslyn Kimmel.

## THE MARCH OF THE LIVING

**IN MEMORY OF:**  
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## CHUCK AND BONNIE MEROVITZ FAMILY FUND

**IN APPRECIATION OF:**  
Chuck and Bonnie Merovitz by Deborah and Howard Krebs.

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**ANNIVERSARY WISHES TO:**  
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## THE OTTAWA LION OF JUDAH ENDOWMENT FUND

**MAZEL TOV TO:**  
Kathi Kovacs and Irwin Schweitzer on the birth of their granddaughter by Leiba Krantzberg and Michael Metz.

**IN MEMORY OF:**  
Laura Spergel by Leiba Krantzberg and Michael Metz.

## JACK AND MIRIAM PLEET ENDOWMENT FUND

**BIRTHDAY WISHES TO:**  
Jill Stern by Lawrence Pleet.

## SYDNEY SLOAN POTECHIN MEMORIAL FUND

**MAZEL TOV TO:**  
Noah and Rajini Potechin on the birth of their daughter Isla by Eric Potechin and family.  
Bram and Dodie Potechin on the birth of their granddaughter Isla by Dan and Cathy Sigler; and by Reva and Ernie Goldberg.

## FLORENCE AND GDALYAH ROSENFELD ENDOWMENT FUND

In Observance of the Yahrzeit of:  
Gdalyah Ben-Zion Rosenfeld by Anita Rosenfeld and Jocelyn Slatt and family.

**BIRTHDAY WISHES TO:**  
Eleanor Bocian by Anita Rosenfeld.

## BEN-AMI AND ROSLYN SANDERS MEMORIAL FUND

**IN MEMORY OF:**  
David "Buzz" Jonathan Sommers by Rhoda and Jeff Miller and family.

## SYLVIA AND HARRY SHERMAN MEMORIAL FUND

**MAZEL TOV TO:**  
Matthew Sherman on his graduation from Osgoode Hall by Julie and Jack Sherman.

## SOL AND ZELAINE SHINDER ENDOWMENT FUND

**MAZEL TOV TO:**  
Margo Shabinsky Sherman on her daughter Rebecca being called to the Bar by Sol and Zelaine Shinder.  
Bernie and Adele Shinder on the engagement of their granddaughter Sarah to Sagi by Sol and Zelaine Shinder.

## STELLA AND LOUIS SLACK MEMORIAL FUND

**BIRTHDAY WISHES TO:**  
Myra Aronson by Avi and Elissa Iny; by Paula and Bobby Smith; by Trudy and Sheldon Wiseman; by Judy Osten; by Adam Carroll & Keren Gordon and family; by Vera and Leslie Klein and family; and by Russell and Joan Kronick.

**MAZEL TOV TO:**  
Lester and Myra Aronson on the engagement of Greg and Meaghan by Barry and Ricki Baker and family; and by Sol and Estelle Gunner.

## LINDA SLOTIN AND JONATHAN FISHER ENDOWMENT FUND

**MAZEL TOV TO:**  
Julie Kanter on the engagement of Jonah and Emily by Linda Slotin and Jonathan Fisher.

**BIRTHDAY WISHES TO:**  
Fern Hershfield by Linda Slotin and Jonathan Fisher.

## THE DAVID SMITH FUND FOR JEWISH LIFE

**BIRTHDAY WISHES TO:**  
Steven Kerzner by Leiba Krantzberg and Michael Metz.

## JACK AND LINDA SMITH ENDOWMENT FUND

**MAZEL TOV TO:**  
Aaron Smith on being named a recipient of the 40 under 40 award by Randi and Ian Sherman and family.

## PATRICIA SMOLKIN MEMORIAL FUND

**IN MEMORY OF:**  
Benjamin Luffman by Nikki, Michael, Neilah and Benjamin Shapiro.

## DORIS AND RICHARD STERN FAMILY FUND

**IN MEMORY OF:**  
Leo Levy by Doris and Richard Stern.  
Mitchell Philips by Doris and Richard Stern.

**CONDOLENCES TO:**  
The Sandler and Schwartz families on the loss of Betty's mother Gustava by Doris and Richard Stern.

## RUTH TALLER MEMORIAL FUND

**BIRTHDAY WISHES TO:**  
Steven Kerzner by Jason and Nina Taller.

## THE TARANTOUR FAMILY FUND

**IN APPRECIATION OF:**  
Cantor Daniel Benlolo and family by Ann Lazear and family.

**MAZAL TOV TO:**  
Stuart and Lillian Lazear on Alisa's completion of her Master of Library Information Services from the University of British Columbia by Ann Lazear.

## ALLAN TAYLOR ENDOWMENT FUND

**ANNIVERSARY WISHES TO:**  
Murray and Judy Lief by Allan and Maria Taylor and family.

**MAZEL TOV TO:**  
Allan and Maria Taylor on their marriage by David and Monica Kardish.

## BRENT AND RISA TAYLOR ENDOWMENT FUND

**IN MEMORY OF:**  
Laura Spergel by Brent, Risa and Shira Taylor.

## STEPHEN AND GAIL VICTOR ENDOWMENT FUND

**IN MEMORY OF:**  
Etta Hersh by Sandy Marchello.

**REFUAH SHLEMAH TO:**  
Leon Zelikovitz by Stephen and Gail Victor.

**BIRTHDAY WISHES TO:**  
Jill Stern by Stephen and Gail Victor.

## ZIPES KARANOFSKY FAMILY ENDOWMENT FUND

**BIRTHDAY WISHES TO:**  
Barry Walfish by Rick and Helen Zipes.

## THE WOMEN'S COLLECTIVE PHILANTHROPY PROGRAM

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

## WOMEN'S COLLECTIVE ENDOWMENT FUND

**IN APPRECIATION OF:**  
Jenny Shinder by Rhoda Levitan.

## CHARLOTTE HAMBURG MITZVAH FUND

**IN MEMORY OF:**  
Leo Levy by Cybele and Lyon Hamburg.

## ABBY MANDELKER B'NAI MITZVAH FUND

**MAZEL TOV TO:**  
Nava Wolfish on being the recipient of the Rabbi Simes Memorial Award in Judaic Studies by the Mandelker Family.

## KAYLA REICHSTEIN B'NAI MITZVAH FUND

**IN MEMORY OF:**  
Ben Luffman by The Reichstein Family.

## DAHLIA AND ZACHARY SHABSOVE B'NAI MITZVAH FUND

**REFUAH SHLEMAH TO:**  
Leon Zelikovitz by the Shabsove family.

## BENJAMIN SHAPIRO BAR MITZVAH FUND

**IN APPRECIATION OF:**  
Rhonda Levine by Nikki Shapiro.

## ZACHARY SILBER B'NAI MITZVAH FUND

**IN MEMORY OF:**  
Jennie Bindman by Lawrence and Shari Silber.

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

**Foundation FACTS**

**An Endowment Fund can be your way to make a commitment to our future.**

Find out more at [OJCF.CA](http://OJCF.CA) or contact **Micah Garten, Director of Development** at [mgarten@jewishottawa.com](mailto:mgarten@jewishottawa.com) or 613-798-4696 x 270

# Part history and part memoir: A Canadian-Israeli soldier's story

**Pumpkinflowers: A Soldier's Story of a Forgotten War**

By Matti Friedman

Algonquin Books

254 pages

In Israel, at least during the conflict in Lebanon in the 1990s, the Israeli Defense Forces used floral and plant names to describe people and places.

In the well-written, but incredibly sad *Pumpkinflowers: A Soldier's Story of a Forgotten War*, Matti Friedman notes that “the army gave the outposts [in Lebanon] pretty names like Basil, Crocus, Cypress, and Red Pepper... In the jargon of army radiomen, wounded soldiers are ‘flowers.’ Dead soldiers are ‘oleanders.’ This isn’t a code because it isn’t a secret. Instead the names seem intended to bestow beauty on ugliness and to allow soldiers distance from the things they might have to describe.”

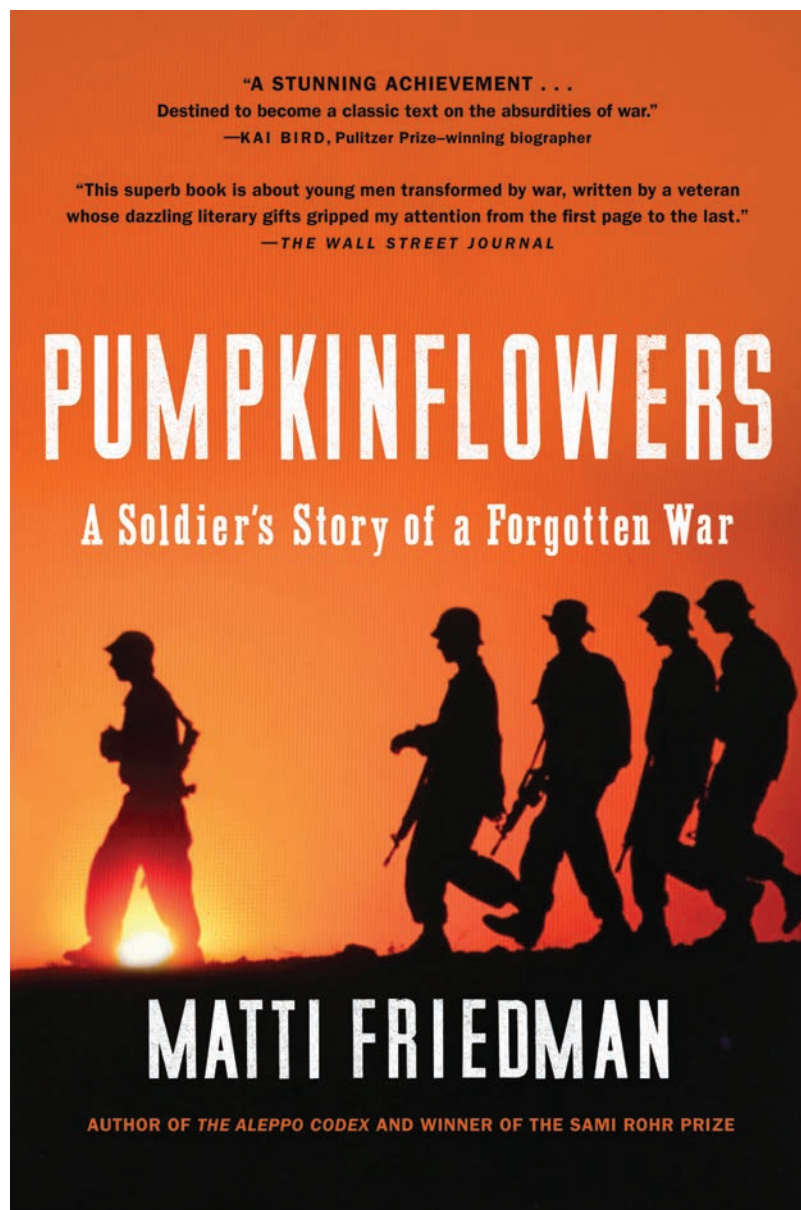
Friedman’s look at Lebanon is part history and part memoir: what happened on the hill known as the Pumpkin represented a change of outlook in Israeli culture and in the author’s own life.

*Pumpkinflowers* looks at life on the hill from a variety of viewpoints. The first section shows army life through the eyes of an Israeli soldier known as Avi. An incident at the end of that section – which will not come as a surprise to those well versed in Israeli history – helps lead to a change in Israeli policy. However, the country was ready to reconsider its position due to two mothers who believed in the futility of the outposts and led protests asking for the withdrawal of soldiers from those positions.

The two concluding sections focus on the author, a Canadian whose family made aliyah after he finished high school. Friedman served as one of the last group of soldiers stationed on the hill. The end of the work describes his visit to the area years later.

What becomes clear in all sections is the major shift in Israeli culture that occurred during this time. For example, the belief in the infallibility of the Israeli army was shattered. Israel was forced to recognize that the conflict with its Arab neighbours was guerilla warfare – and now partly fought on the public relations battlefield. Although Friedman quotes young soldiers who felt they were doing their duty – even if they would have preferred not to serve in the army – it slowly became clear that Israeli public sentiment no longer sup-

RABBI RACHEL ESSERMAN  
THE REPORTER, VESTAL, N.Y.  
**BOOK REVIEW**



ported the war.

However, that’s not the only thing that changed. Israel was now fighting a new type of enemy, one that saw war not as a means to an end, but an end in itself. Rather than dealing with Palestinian guerillas, Hezbollah became a major force against Israel: “This group was Lebanese but created by Iran... Hezbollah took orders from the dictatorship in Syria and from the clerics running Iran. Hezbollah was supposed to be fighting to get us out of Lebanon, but Hezbollah leaders made it clear later that they had rebuffed Israeli offers for a negotiated withdrawal. They didn’t want us to leave; they

wanted to push us out, which is not the same thing.”

Friedman believes the lesson Hezbollah hoped to teach was one of despair, but that was not the lesson learned. Instead, the Israeli reaction was to stop paying attention. Rather than worry about Hezbollah, “we would turn our back on them and look elsewhere, to the film festivals of Berlin and Copenhagen or the tech parks of California. Our happiness would no longer depend on the moods of people who wish us ill, and their happiness wouldn’t concern us more than ours concerns them.” Friedman notes that during this time “something important in the mind of the country – an old utopian optimism – was laid to rest.”

The final section of *Pumpkinflowers* is intensely personal. Friedman is unable to forget his time on the hill. He wants to see Lebanon not as a soldier, but as a civilian. Since the author is unable to visit with an Israeli passport, he returns to Canada and then flies to Lebanon with a Canadian passport – one that doesn’t reveal he has lived in, or travelled to, Israel.

The trip leaves him with mixed feelings. He learns the reasons the Lebanese don’t look kindly on Israel – showing for example, the ordinary citizens who died because of misfired artillery. While Friedman doesn’t condemn Israeli actions – after all, he was once part of the army that fought there – he does acknowledge that those deaths affected Lebanese public reaction. He also believes that peace will never be possible while these feelings remain so strong.

The trip did teach him two lessons. Lessons he finds echoed in a book he’s read about the First World War. The first is that no matter how much humans alter the world, nature “takes it back.” In the case of the Pumpkin, “the trench was filling up with the contents of disintegrating sandbags. Vegetation sprouted between concrete slabs.”

The other, more disconcerting lesson is how lucky he is to be alive, something that didn’t occur to him during his army service: “I happened to be lucky on the hill, and so remained convinced of my invincibility, of the impregnable nature of the line. Only now do I understand it’s just an angle, or moment, a clerk’s stamp on a piece of paper, a step in one direction or another.” Only now – when he has a family and sits with his three children – does he feel the “retroactive fear,” the thought that “I could have missed this. I almost missed it. Others did.”

*Pumpkinflowers* is beautifully written and deceptively easy to read. Friedman’s work raises difficult questions and emotions that belie its simple prose. To his credit, the author does not take a political stance; he explains rather than pushes any type of specific policy. His neutrality, however, makes his disappointment and disillusionment even harder to bear.

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**WHAT'S GOING ON** | June 26 to July 24, 2017  
FOR MORE CALENDAR LISTINGS, VISIT [WWW.JEWISHOTTAWA.COM/COMMUNITY-CALENDAR](http://WWW.JEWISHOTTAWA.COM/COMMUNITY-CALENDAR)

**MONDAY, AUGUST 21**

**The Canadian Jewish Experience (CJE)  
A Tribute to Canada 150 (Exhibit)**  
30 Metcalfe Street, 10pm - 6pm every day until  
December 12, 2017  
Contact: Tova Lynch, 2017cje@gmail.com

**MONDAY, AUGUST 22**

**Beit Tikvah's Beit Midrash Program**  
Congregation Beit Tikvah of Ottawa, 15 Chartwell Ave  
7:30pm - 9pm  
www.cbto.org  
Contact: Elisheva Brantz, shul@cbto.org  
This evening is open to those in the community  
who wish to engage in serious study of text.

**WEDNESDAY, AUGUST 23**

**Women's Beit Midrash at Beit Tikvah**  
15 Chartwell Ave., 7 - 8pm  
Contact: Elisheva Brantz, shul@cbto.org  
Rivka Finkelstein will be giving a Tefillah seminar.

**THURSDAY, AUGUST 24**

**The Rabbi Bulka Blood Drive**  
Ottawa's Blood Donor Centre, 1575 Carling Avenue  
August 23, 3:30pm - 7:30pm and August 24, 10am - 4pm,

A two-day life saving event - book your appointment today  
at blood.ca or by calling 1-888-2 DONATE (1-888-236-6283)  
Contact: Nachman Ariel Aarenau, ariel@cmhottawa.com

**FRIDAY, AUGUST 25**

**Pride Shabbat Dinner**  
Kehillat Beth Israel, 1400 Coldrey Ave, 6 - 9pm  
Contact: Ariella Kimmel, akimmel@cija.ca  
Bringing together Jewish and non Jewish LGBTQ+  
community members and allies to celebrate the  
intersections within our Jewish and Pride communities.  
Tickets at <http://bit.ly/PrideShabbatOTT>

**SATURDAY, AUGUST 26**

**Rainbow PRIDE Tot Shabbat at KBI**  
Kehillat Beth Israel, 1400 Coldrey Ave., 10:30 - 11:30am  
Contact: Deborah Zukerr, rabbizuker@kehillatbethisrael.com  
A Pride-themed Tot Shabbat with Shabbat prayers, songs  
and read stories that teach us about the importance of  
inclusion.

**SUNDAY, AUGUST 27**

**Camp B'nai Brith of Ottawa - New Family Registration**  
August 27 - January 1, 2018  
Contact: Cindy Presser Benedek, cindy@cbbottawa.com  
<http://www.cbbottawa.com> - 613-244-9210

**PJ Library End of Summer Pool Party**

SJCC Outdoor Pool, 10am - 12pm  
Contact: Ariel Fainer, afainer@jewishottawa.com  
613-798-4696 ext.240  
<http://www.jewishottawa.com>  
Cost\$10. Crafts, stories, splashing, and fun in the sun!

**MONDAY, AUGUST 28**

**Chanting & Chocolate: Joyful singing from the heart**  
Temple Israel, 1301 Prince of Wales Dr.  
7:30 - 9pm last Monday of every month until August 27, 2018  
2613-224-1802, cost \$10  
Contact: Lorne Mallin, lorne.mallin@gmail.com  
604-222-3379  
Join us for sacred Hebrew chanting with beautiful melodies  
and spiritual intention to open the heart and connect with  
the Divine.

**CANDLE LIGHTING BEFORE**

|             |         |              |         |
|-------------|---------|--------------|---------|
| AUGUST 25   | 7:32 PM | SEPTEMBER 15 | 6:55 PM |
| SEPTEMBER 1 | 7:19 PM | SEPTEMBER 22 | 6:42 PM |
| SEPTEMBER 8 | 7:09 PM | SEPTEMBER 29 | 6:28 PM |

**BULLETIN DEADLINES**

|                      |                  |
|----------------------|------------------|
| WEDNESDAY, AUGUST 16 | FOR SEPTEMBER 4  |
| MONDAY, AUGUST 28*   | FOR SEPTEMBER 18 |
| MONDAY, SEPTEMBER 18 | FOR OCTOBER 9    |

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

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

**CONDOLENCES**

*Condolences are extended to the families of:*

**Hy Bloom**

**Abraham Jeffrey Levine**  
(Montreal)

Father of Fern (Levine)

**Trevor-Deutsch**

**Ann Miller**

**Rose Stein**

*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.*



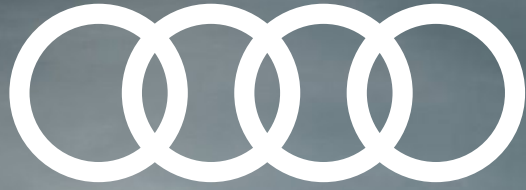
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