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OTTAWA JEWISH BULLETIN



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Sharon and Bram lead a singalong at the family concert kicking off the Jewish Federation of Ottawa 2018 Annual Campaign, September 17, at Kehillat Beth Israel.



(From left) Annual Campaign Co-Chairs Aviva Ben Choreen and Sharon Appotive, Jewish Federation of Ottawa President and CEO Andrea Freedman, keynote speaker Hillel Neuer, and Kickoff Co-Chairs Karen Palayew and Lorne Segal gather at the Jewish Federation of Ottawa 2018 Annual Campaign Kickoff, September 17, at the Soloway Jewish Community Centre.

Hillel Neuer and Sharon and Bram kick off 2018 Annual Campaign

BY NORAH MOR

The Jewish Federation of Ottawa 2018 Annual Campaign kicked off with two events on September 17: a family concert with children's music stars Sharon and Bram in the afternoon, and a program featuring keynote speaker Hillel Neuer, the Geneva-based executive director of UN Watch, in the evening.

Sharon and Bram delighted kids and parents with their trademark singalongs at the sold-out afternoon concert at Kehillat Beth Israel while Neuer discussed his ongoing work standing up for human rights and against the persecution of the State of Israel at United Nations (UN) bodies in Europe at the evening event

at the Soloway Jewish Community Centre. It was the second year that the Annual Campaign Kickoff also included an event for young families.

Neuer, who grew up in Montreal, said his work is tempered by both his Jewish and Canadian values. He pointed out that two important anniversaries will be observed in November: the 100th anniversary of the Balfour Declaration, "the first time in history the international community recognized the indigenous rights of the Jewish people to the land of Palestine," and the 70th anniversary of the UN vote to partition Palestine into Jewish and Arab states.

Neuer said we must now fight back against the many groups that seek to delegitimize Israel.

Neuer pointed to the UN Human Rights Council as particularly problematic.

"Though the UN Human Rights Council was founded by great and ethical people, it was hijacked by the greatest human rights abusers in the world," he said, pointing out that the council includes such countries as Saudi Arabia, Congo, Burundi, Qatar and Venezuela, who receive "legitimation by being members of the council."

Neuer said the council has seven permanent items on its agenda, one of which addresses human rights violations all over the world, and another that solely addresses violations committed by Israel against

See Kickoff on page 2

inside: Ottawa Vaad HaKashrut certifies medical marijuana > p. 2

Michael Regenstreif on the difference one person can make > p. 7

Barbara Crook on Canada's contribution to UNRWA > p. 21

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Kids and parents enjoy Sharon and Bram's family concert kicking off the Jewish Federation of Ottawa 2018 Annual Campaign, September 17, at Kehillat Beth Israel.



HOWARD SANDLER

Hillel Neuer, executive director of UN Watch, speaks at the Jewish Federation of Ottawa 2018 Annual Campaign Kickoff, September 17, at the Soloway Jewish Community Centre.

Kickoff: 'We need to light the candle of truth'

Continued from page 1

the Palestinians. In the past decade, he said, the council has passed more resolutions condemning Israel than all of the other countries in the world combined.

By methodically singling out Israel, Neuer said, "the UN violates its own charter."

Neuer said UN Watch is active on many human rights dossiers beyond Israel.

"We carry a badge of honour as countless leaders of dictatorships despise us."

Neuer concluded his talk by challenging the audience "to fight back and speak the truth – because it matters.

Jews managed to survive persecution [throughout history] because we knew the truth. Diplomacy and advocacy can make a difference. Now we need to light the candle of truth."

The evening was hosted by Kickoff Co-Chairs Karen Palayew and Lorne Segal and began with Shinshinim Idan Ben Ari and Noa Gil joining forces

with a group from Camp B'nai Brith of Ottawa in leading a couple of songs and testimonies from several community members on how programs and organizations supported by funds raised by the Annual Campaign have impacted them.

Annual Campaign Co-Chairs Sharon Appotive and Aviva Ben-Choreen also addressed the gathering.

Appotive said the Jewish world is stronger when it stands together and "that's what the Federation is all about."

Ben-Choreen introduced the 2018 Chai Challenge and urged Annual Campaign donors to increase their gifts to the Campaign in multiples of 18.

Gatineau company launches line of medical marijuana products with kosher certification

BY LOUISE RACHLIS

Gatineau-based Hydrothecary's processed medical marijuana products have been granted kosher certification by the Ottawa Vaad HaKashrut (OVH), and the need for those products is immediate.

"This is something that will help people who need this for their health in Ottawa," said Rabbi Levy Teitlebaum, the OVH director. "I've actually received phone calls from people who wanted to use such products and now they can. The products are available in Ottawa now," he said, laughing that they were out in time for the "High Holidays."

The announcement was made on September 19, the day before Erev Rosh Hashanah.

It is the only kosher certification currently granted to cannabis products in Canada, and is only for medicinal marijuana, said Rabbi Teitlebaum. In the United States, the Orthodox Union has already given certification to medical marijuana, he said.

The Ottawa Vaad HaKashrut kosher certification includes Decarb, the ready-to-consume activated marijuana powder

product line, Elixir cannabis peppermint oil and the H2 line of milled products.

"Kosher certification is important to Hydrothecary because it reflects our emphasis on rigorous testing, independent third-party oversight and our focus on easy-to-use product innovations," said Sebastien St-Louis, Hydrothecary CEO and co-founder. "As the only medical marijuana company in Canada with current kosher-certified processed products, we take great pride in having the support of the council for kashrut."

The company has been in operation for two years.

"Nine months ago we added a focus on innovation, adding new products to market," said St-Louis. "The kosher certification added the second layer to our already robust quality systems and standard operating procedures. Any time we can increase quality for our patients and a new product, that's something we strive for. Our goal is to come out with a new product every quarter, and kosher was our product for October, Q1. The process went very well. It brought many stakeholders to the table to meet the new and stringent requirements of

kosher certification."

The next new product will be kosher as well, he said.

"Kosher certification is something that is relied upon by many people," said Rabbi Teitlebaum, "including vegans, vegetarians and people who are careful about what they consume, as a symbol of trust. What this certification shows is the value placed on proper etiquette for kosher and for being able to care for people. That is a beautiful harmony between the council and Hydrothecary."

Obtaining kosher certification requires several components, including an audit of cleaning protocols, kosher compliance review and on-site inspections throughout the year.

"This is a rigorous, independent, third-party certification process that goes from A to Z," said Rabbi Teitlebaum. "Hydrothecary's products not only qualify, but certification is gladly given because it's important for what's needed in this new sector."

The Hydrothecary Corporation is an authorized licensed producer and distributor of medical cannabis licensed

by Health Canada under the Access to Cannabis for Medical Purposes Regulations (Canada).

"Medical products required for health and well-being are eligible for kosher certification," said Rabbi Teitlebaum. With legalization of marijuana for recreational use, which comes into effect in July, 2018, however, the ethics of using a product simply for enjoyment will have to be considered.

Those taking medical marijuana will know a product is kosher certified because the symbol will appear on the label of every Hydrothecary product that is kosher certified. Clients can also obtain a letter of kosher certification from Hydrothecary.

"We've had other companies asking about similar products, but we particularly respect the dignity that this company shows their clients," said Rabbi Teitlebaum. "It's not like a little baggie, it's packaged, it explains what it is, and it gives them the dignity that they deserve for their health. They shouldn't feel bad that they have to take such a thing. It's like any other way of healing themselves and relieving their pain."

Our summer vacation with Irma

Ottawa Jewish community members **Lyon and Cybele Hamburg** were on vacation in the Turks and Caicos Islands when Hurricane Irma struck on September 7. **Lyon Hamburg** tells us what happened.

We had no idea how historic and memorable the week would become when my wife Cybele and I planned a late summer holiday in Turks and Caicos.

We arrived in Turks a few days before the hurricane and there was no significant information available about any weather events other than rain. When the weather reports became serious and WestJet sent out an email about opportunities to leave, we were, like so many other tourists, too late to get tickets to leave.

The day before the hurricane, Club Med revealed its military-grade plan for managing the safety of the resort's guests. The windows were all boarded up, and pool furniture, sporting equipment and small boats were stored in safe locations. Guests were placed in rooms on the second and third floors of the hotel to avoid the dangers of a storm surge and flooding that could occur.

Fortunately, the direction of the flow of wind and waves on the leeward side of the island, where we were located, significantly reduced the risk of a catastrophe from storm surge, which causes the majority of fatalities in hurricanes. We were given plenty of food and water for the 24 hours we would be in lockdown, beginning Thursday, September 7 at about 2 pm.

The rain and wind were powerful and built quickly over the next few hours but we had electricity through-

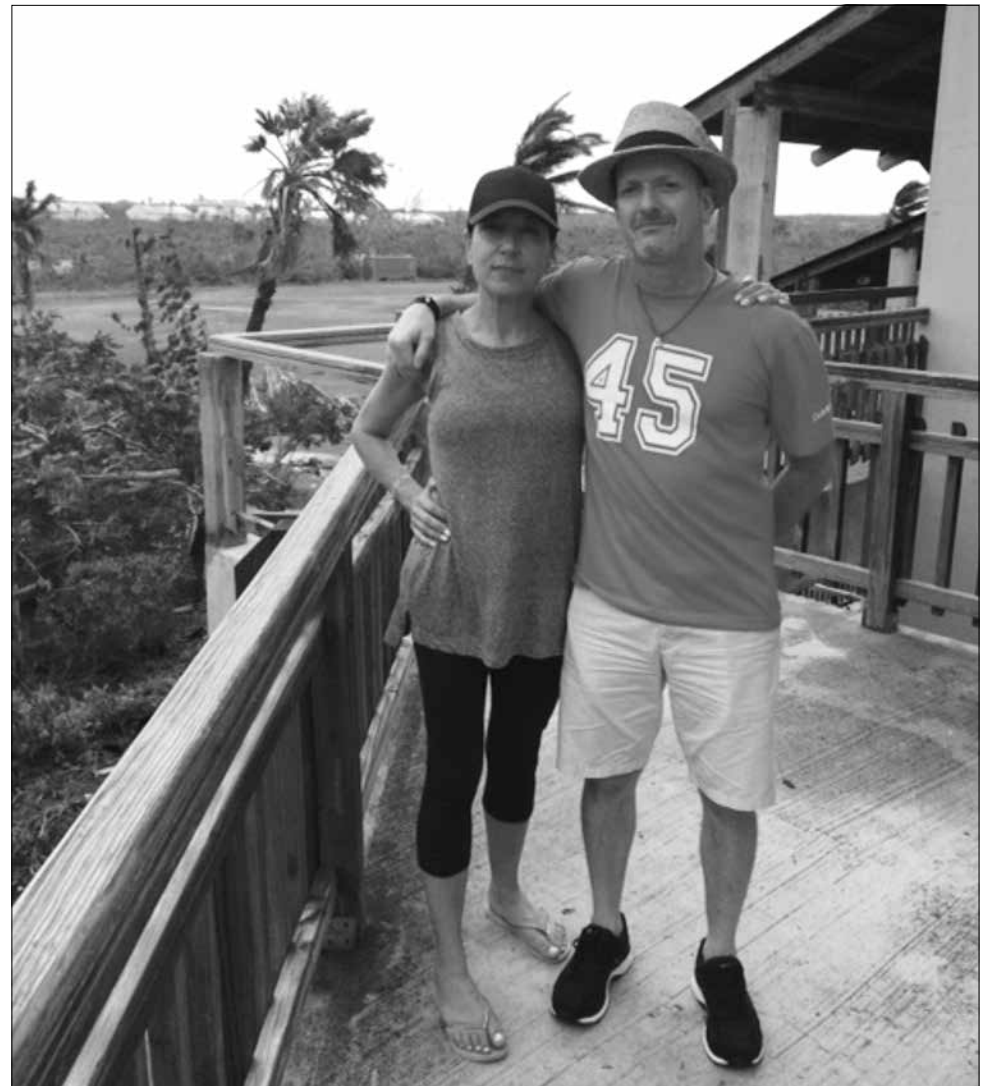
out the entire hurricane. By 9 pm, the wind and rain was so intense that it became unsafe to stay in the main part of our hotel room. Water was leaking in the room and the sound and vibrations from debris hitting the walls of the building was quite frightening. It sounded and felt like we were in a war zone and the pounding on the concrete walls reminded me of the vibrations one feels near a construction site when the ground is being dynamited to blast through rock.

It sounded and felt like we were in a war zone and the pounding on the concrete walls reminded me of the vibrations one feels near a construction site when the ground is being dynamited.

We decided to set up the bathroom for a safe evening before a broken window and darkness might find us scrambling in fear. The bathroom was better protected and we had many towels protecting us from water leakage on the floor. Fortunately, we had sporadic cell phone service so I sparingly used my battery power to text updates to my mother in Montreal to assure her of our safety.

The pinnacle of the hurricane was from 10:30 pm until 2:30 am. Then the noise level dropped and we slept until 5 am. It was then we heard others leaving their rooms and we went outside to see the destruction caused by Irma, a Category 5 hurricane.

The human response to the event was encouraging. The resort guests and staff immediately set up a relief area to give food, clothing and money to the local staff of the hotel. Many lost their homes and everything they had. I was deeply saddened when the towel lady I saw daily told me she lost her house and had nothing. We gave her money and clothes but it was obvious her suffering – like so many other residents of the island – was far from over.



Cybele and Lyon Hamburg at their resort in Turks and Caicos after Hurricane Irma.

While the majority of staff and guests acted with responsibility and compassion, I was quite discouraged by the lady in the room next to us. She berated and complained to the staff that for the 36 hours of the hurricane, we had only two options for sandwiches for meals and no wine was available. I was concerned how offensive this would be to any local staff that would hear her. Outside the resort, it was a very grave situation with no drinkable water or electricity available.

By dinnertime on Friday, most things had returned to normal at the resort although there was no air conditioning as power was being conserved. The dancing and partying on Saturday night was fantastic as a mood of survival prevailed.

Nevertheless, I was concerned that word of our excellent conditions would be a source of resentment among local island gangs who might come and start looting as their desperation ensued. Fortunately, this did not happen.

By Monday, September 11 we were advised to be prepared for departure. At noon time when we were told that a 6 pm rescue flight was arranged by WestJet.

The feeling of elation when we finally landed in Toronto was overwhelming. Despite the few hours of fear I experienced at the peak of the hurricane, we are so grateful for the perspective the experience gave us of how fortunate we are to be alive and living in Canada.

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JEWISH FEDERATION OF OTTAWA • WOMEN'S CAMPAIGN

choices

CONNECTING AND INSPIRING WOMEN

November 1, 2017

Cocktails at 5:30 pm
Speaker at 6:15 pm - KBI Main Sanctuary
Dinner at 7:15 pm

Co-Chairs
Jackie Barwin
Jen Zaret

Dr. Gillian Presner

Gillian has made impressive choices in her life that have made her a model as a young leader, a community member, a wife and a mother. As keynote speaker at CHOICES, she will share how recent challenges have led her to a second "coming of age" where she has gained important life perspectives about herself, our everyday choices and ultimately what our true legacies will be.

Couvert: \$54
PLUS a suggested minimum pledge of \$150 (or increase over last year's gift) towards the Federation's Annual Campaign (first time donors under the age of 40 may make gifts of \$36 and up)

Location:
Kehillat Beth Israel, 1400 Coldrey Ave.

Register online at
jewishottawa.com/choices

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Meet Micah Garten: Federation and Foundation's new director of development

BY NORAH MOR

Micah Garten, a fundraising professional who grew up in Ottawa as a rabbi's son, was appointed director of development for the Jewish Federation of Ottawa and the Ottawa Jewish Community Foundation in August.

As director of development, Garten works with donors to enhance the impact their donations make in the community.

"For the past eight years, I've been fundraising for different charities in Ottawa – all outside of the Jewish community," said Garten who earned a certificate in fundraising management from Ryerson University in Toronto after completing his BA in political science at the University of Victoria. He is also working toward an MBA from the University of Fredericton. Most recently he was the manager of philanthropic relationships at Shepherds of Good Hope.

Garten and wife Jessica are the parents of Winn, an 11 month old daughter, and he says becoming a parent changed his perspective and priorities.

"Growing up in Ottawa, my father, Steven Garten, was the rabbi of Temple Israel," he said.

But as the future fundraiser grew older, he became less involved in the synagogue and in the Jewish community.

"When my daughter was born, I realized how important the Jewish community is to me," Garten said.

He says he wants her to have the same Jewish options he had growing up.

"There are so many activities in the



Fundraising is wonderful because it is great to work with people with vision and who invest in making their vision happen, says Micah Garten, who joined the Jewish Federation of Ottawa and Ottawa Jewish Community Foundation as director of development in August.

Jewish community," he said, "and Federation and the Foundation strongly enable them."

Fundraising is wonderful, he said, because it is great to work with people with vision and who invest in making their vision happen; who invest in making a difference in the community.

"It's very exciting to report to donors on how they made an impact," he said. By giving money, "donors affirm their commitment – adding new things, new ideas."

Garten said his job as director of development for Federation and the Foundation is to make donors feel excited about giving Jewishly.

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Shifts: Flexible Part-Time Salary Position
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- Creating monthly schedule
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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.

Barbara Frum 1937-1992

Significantly important CBC radio and television broadcaster

By Brenna Mackay

Barbara Frum (née Rosberg) was an important radio and television broadcaster for the Canadian Broadcasting Corporation (CBC). She was born in 1937 in Niagara Falls, New York and grew up in Niagara Falls, Ontario, the eldest of three children. Frum attended the University of Toronto and received a BA in history in 1959. In 1957, she married Toronto dentist Murray Frum and they had two children, David and Linda, and adopted a third, Matthew, an Indigenous boy.

After graduating from university, Frum became involved in volunteer work in the community and freelanced for the Toronto Star. In 1971, Frum rose to prominence on CBC Radio as host of *As It Happens*, a program which uses telephone interviews to broadcast the experiences of witnesses to news events, and human-interest stories. Throughout her time working on the show, Frum

was credited as a well-informed, tough but fair interviewer.

Frum continued to host *As It Happens* until 1981 when *The Journal* was created to follow *The National* on CBC TV. Frum and Mary Lou Finlay were its initial hosts. *The Journal* was a feature-based news show that looked deeper into the daily news than the typical reports on *The National*. Frum's interviews were the highlight of the show and she soon became the show's primary host. Some of Frum's notable interviews on *The Journal* included conversations with Margaret Thatcher and Nelson Mandela.

Perhaps Frum's most controversial moment on *The Journal* came during coverage of the École Polytechnique massacre in 1989 when she refused to say that the incident was an attack on women and feminism. "Why do we diminish it by suggesting that it was an act against



just one group?" she said.

During her career, Frum received four ACTRA (Alliance of Canadian Cinema, Television and Radio Artists) Awards. She also won the National Press Club of Canada Award for outstanding contribution to Canadian journalism in 1975, and was inducted into the Order of Canada in 1979.

Frum lost her battle with chronic leukemia on March 26, 1992. She was initially diagnosed in 1974, but kept her illness quiet during her career. On the evening of her death, nearly the entire broadcasts of *The National* and *The Journal* were a tribute to her

career and accomplishments. Following her passing, *The National* and *The Journal* were combined into one program. Frum's memory was honoured by the CBC when it dedicated the Barbara Frum Atrium at the new CBC broadcast centre in Toronto in 1993. As well, a branch of the Toronto Public Library was renamed in her honour.

Frum's daughter Linda is now a member of the Senate of Canada while her son David is a prominent political journalist and commentator in the U.S. David Frum served as a speechwriter for U.S. president George W. Bush.



Next in the series

Lillian Freiman 1885-1940

Ottawa community leader founded Canadian Hadassah-WIZO and designed the first Remembrance Day poppies in 1921.



Submit an essay

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

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

**FEDERATION
REPORT**



**JACKIE BARWIN AND JEN ZARET,
CHOICES CO-CHAIRS**

After months of hard work by this year's dedicated committee and Jewish Federation of Ottawa staff, Choices 2018 is just around the corner and we could not be more excited. Last year's sold out 10th anniversary celebration confirmed the importance of this annual event in our community calendar and as an integral part of Federation's Annual Campaign. Choices is a 'girls' night out,' a great opportunity to catch up with friends and

Gillian Presner to tell her inspiring story at Choices

family and to bring women of many generations in our city together.

For the past 10 years, our Choices presenters have always come from outside our community. However, this year we did not have to look any further than our own backyard to find our ideal speaker. We are delighted to present Ottawa native Gillian Presner, as our keynote speaker at this year's event.

Gillian is well known for her volunteer work in the community. From helping to organize the openOttawa symposium to co-chairing Young Women's Leadership Council, to sitting on the Soloway Jewish Community Centre board, to co-chairing Federation's

2017 Annual Campaign Kickoff, she has provided valuable leadership and insight – and has helped to make our community stronger. In recognition of all the incredible work that Gillian has done for Ottawa's Jewish community, she was honoured with the Freiman Family Young Leadership Award at Federation's annual general meeting on June 14.

As the keynote speaker, Gillian will share how the challenges she faced over the past year have led her to a second 'coming of age' where she has gained important life perspectives about herself, our everyday choices, and ultimately what our true legacies will be.

This special evening will be held on

In recognition of all the incredible work that Gillian has done for Ottawa's Jewish community, she was honoured with the Freiman Family Young Leadership Award.

Wednesday, November 1 at Kehillat Beth Israel. The event will begin at 5:30 pm with cocktails followed by Gillian's presentation and then dinner. The couvert for the evening is \$54 and all attendees are also asked to make a gift to the Federation's Campaign. The suggested minimum gift is \$150 or an increase over last year's donation. First-time donors under the age of 40 are encouraged to make a minimum gift of \$36. Donations to the Annual Campaign are payable from now until December 31, 2018.

If you would like to attend Choices but have not yet been contacted by a table captain, please register and we will gladly place you with a group of wonderful women. We want everyone to feel welcome.

For further information, contact Anita Almstedt at aalmstedt@jewishottawa.com or 613-798-4696, ext. 995. Online registration can be found at www.jewishottawa.com.

Please mark your calendars now and register for Choices at your earliest convenience. We look forward to seeing you on November 1 for what is guaranteed to be a very special evening.

**FROM THE
PULPIT**



**RABBI CHAIM MENDELSON,
CHABAD OF CENTREPOINTE**

A place where all of humanity can join in true unity

For an entire nation to survive in the desert was nothing less than supernatural. The fluctuating extremities in the weather, the dangerous animals, etc., made the desert unfriendly territory, and yet the Jews survived and thrived.

When we sit in the sukkah we are meant to re-enact the experiences of our ancestors. We are meant to emulate their gratitude and faith. We are meant to recognize that our materialistic amenities provide us a false sense of shelter and security. When we leave our air conditioned and heated homes and head out into the outdoors we proclaim awareness in the omnipresence of God and his complete control over our lives.

Just recently, the whole world was transfixed by the monster storm, Hurricane Irma. As it churned its way toward the Caribbean islands and the Southern United States, the world held its collective breath. We watched in horror at the destruction it wreaked over innocent families and communities.

And yet, amazingly, the reaction people have when they are at their most vulnerable always seems to be the same. People stand together, shoulder to shoulder, in incredible unity:

people helping others, comforting others, sharing with others. It seems that as soon as people are stripped of their physical luxuries, our innermost essence shines forth: an essence that is pure and inclusive; an essence that reminds us that as human beings we really are all one.

Even when watching from afar we are moved. We donate money, time and resources to help the victims. There is a side of us that seems to say, this could have been us. We are also capable of losing everything we have in an instant. Our materialism, too, seems briefly not to matter. We are also stripped to our essence. We too, feel a sense of unity with humanity, with people we have never met.

Sukkot is our annual reminder about how vulnerable and fragile we really are. It reminds us not to be obsessed with the petty materialism that divides us and instead focus on our essence that unites us.

I believe it is no accident that according to Jewish law there are restrictions to the height of our sukkah. Yet, there is no restriction to its width. That is because the sukkah ought to include everyone. It ought to be a place where all of humanity can join in true unity.

We are commemorating the festival of Sukkot. This has always been one of my favourite holidays.

Eating outdoors with family and friends in the sukkah under the branches is always a unique treat. It felt like an adventure as a child and still feels like an adventure today. The weather never seems to dampen our spirits. Whether it was the sometimes brutal heat I grew up with in South Florida or the chill in our bones we often feel here in Ottawa, it is always fun and, more importantly, meaningful. More than anything you feel a real sense of kinship and fraternity with family and friends sitting around your table.

Living in the sukkah is meant to acknowledge our gratitude to the Almighty for protecting the children of Israel as they traversed the desert for 40 years.

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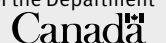
DFL INTERN
Norah Mor

The *Bulletin*, established in 1937 as "a force for constructive communal consciousness," communicates the messages of the Jewish Federation of Ottawa and its agencies and, as the city's only Jewish newspaper, welcomes a diversity of opinion as it strives to inform and enrich the community. Viewpoints expressed in these pages do not necessarily represent the policies and values of the Federation.

The *Bulletin* cannot vouch for the kashrut of advertised products or establishments unless they are certified by Ottawa Vaad HaKashrut or a rabbinic authority recognized by OVH.

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FROM THE EDITOR



MICHAEL REGENSTREIF

The difference one person can make

cially known – was dedicated in Ottawa on September 27 just as we were completing work on this issue of the Ottawa Jewish Bulletin. Reporter Benita Baker attended the ceremony and her report will appear in our next edition.

From its conception to its dedication, the National Holocaust Monument involved many people and organizations, elected officials and government bureaucrats. It took a decade, millions of dollars and much perseverance by so many to accomplish.

But it all started with a vision articulated by a determined teenaged student at the University of Ottawa. While we've told Laura Grosman's story before in the Bulletin, it bears repeating at this important time as a reminder of the remarkable difference that one person – no matter how young they may be – can make.

Ten years ago, Laura took a course on the Holocaust taught by Professor Rebecca Margolis of uOttawa's Vered Jewish Canadian Studies program. She learned that Canada was then the one Allied country that fought the Nazis during the Second World War that did not have a national Holocaust monument.

Two significant factors influenced Laura's determination to see a national Holocaust monument built in Ottawa.

"The first is her family history. Laura's paternal grandfather was a Holocaust survivor who never spoke much about his past. When he died, says Laura, his story went with him. The second factor is Laura's fascination with all things political. She is a self-professed political junkie and loves nothing more than being involved in the political system," wrote Siemiatycki in 2009.

"It's pretty embarrassing for someone like me who's involved politically to know that Canada is the only Allied country that doesn't have a national monument. We have a national Holocaust Remembrance Day ceremony that's held where we can place them. That's not acceptable to me," she told Siemiatycki.

Laura came to uOttawa after growing up in Thornhill, a suburb north of Toronto, and as a politically aware young person she began to enlist federal politicians in supporting her cause. The first to come on board was her own MP, Liberal Susan Kadis, who began the process of drafting a private member's bill to establish the monument.

Laura wanted the establishment of the monument to be a nonpartisan effort and other MPs she enlisted in the cause included Richard Marceau of the Bloc Québécois (who is now general

counsel and senior government adviser at the Centre for Israel and Jewish Affairs), and Conservatives Peter Kent (who defeated Kadis in the 2008 election) and Tim Uppal.

Kadis' private member's bill to establish the monument died when the 2008 election was called. She defeated in Thornhill by Kent who was subsequently appointed to cabinet. As a minister, Kent could not sponsor a private member's bill but the torch was picked up by Uppal, an MP from Edmonton.

Uppal's bill – Bill C-442, an Act to Establish a National Holocaust Memorial – was passed in 2011 and the National Holocaust Monument Development Council was created to work with the federal government to acquire the land for the monument across from the Canadian War Museum, commission the design, raise the millions of dollars necessary to build the monument funds (matched by government funding), and oversee the construction. All of that took another six years.

But it all started 10 years ago with Laura Grosman, a teenager who found it unacceptable that Canada did not have a national Holocaust monument; a teenager with an ambitious dream and the dedication to make that dream a reality.

Someday, when people gather around a national Holocaust monument in Ottawa, one person in particular will be proud of its establishment. She's University of Ottawa student Laura Grosman. At 21 years of age, she has worked tirelessly for two years... to get the federal government to honour Holocaust victims by erecting a national monument in Ottawa."

So wrote Benita Siemiatycki in the November 16, 2009 edition of the Ottawa Jewish Bulletin.

A decade after Laura first articulated a vision of Canada having a monument in the national capital, the National Holocaust Monument – as it is now offi-

IDEAS AND IMPRESSIONS



JASON MOSCOVITZ

When truth makes no sense

States was instantly provoked to war when the Japanese wiped out so much of the American navy at Pearl Harbor with their perfectly executed sneak attack.

It was amazing that the Americans didn't have a sniff of the attack, even though it was clear they were already, in all but name, at war with the Japanese. It was a complete failure to have left so many battleships in harm's way with virtually no battle-ready defence. It made no sense.

Two decades later, the Kennedy assassination brought some of us to a place beyond belief. And if anyone were to believe that Lee Harvey Oswald was a lone assassin with no connections and no defined reason to blow the president's head apart with a perfect shot from a faraway sixth floor window, then please explain Jack Ruby.

How do you explain Ruby waltzing undetected into police headquarters in Dallas? How do you explain Ruby getting into perfect position to put a deadly bullet in Oswald ensuring no Kennedy assassination trial? Was it just an accident that Ruby ran a sleazy underworld strip club?

For all of the Warren Commission's assertions that there was no conspiracy, no connections with the mob, or Castro,

or anything or anyone else, to this day, more than a half-century later, it is still so hard to believe the official version. To believe it means there is only one other explanation: human error and complete stupidity.

When Oswald, a former U.S. Marines marksman, moved to the Soviet Union in 1959 at the height of the Cold War, you might think American intelligence officials would have been curious. When he moved back to the U.S. in 1962 with a Russian wife and baby girl, you might think they would have been more curious. Yet Oswald rang no alarm bells.

And how incompetent did the Dallas Police Force have to be to allow Ruby to walk into police headquarters with a gun? And just how stupid was it to parade Oswald in a hallway swarming with people who never passed through even the slightest of security checks?

The three-pronged attack on September 11, 2001 was so incredible in its execution it is still hard to believe it really happened. It was a plot that stretched beyond the imaginations of the best fictional minds in Hollywood. Like Pearl Harbor, and like the Kennedy assassination, there were so many factors that added up to there being no logical

explanation.

What will burn in the consciousness of those running the FBI forever is how many signals were missed. The 9/11 commission report outlined bad interagency communications as a real factor in the terrorists getting their murderously wicked plot off the ground. Many people at many levels screwed up.

For good reason, modern history emphasizes the stoic heroism of the first responders after the attacks while the passengers on the plane that went down in a field in rural Pennsylvania are justly hailed as true American patriots for overpowering the terrorists. All the positives are emphasized rather than the glaring signposts and warning lights that were ignored.

Young Middle Eastern men with wads of cash show up in different places across the United States to take flying lessons – but these people aren't interested in flying little planes like any other novice. They pay for time with simulators flying big passenger planes. With flight schools eager to scoop up the cash, the lessons proceeded.

Like Pearl Harbor and the Kennedy assassination, 9/11 invites conspiracy theories because the truth makes no sense.

But the simple truth does make sense. People make terrible mistakes.

September 11 came and went this year as never before. For the first time, memorials to honour the more than 3,000 fallen became second-hand news. But, long after Hurricanes Harvey and Irma are relegated to the back pages of history books, 9/11 will forever retain its prominent place on page 1.

Like the Japanese attack on Pearl Harbor in 1941 or the Kennedy assassination in 1963, 9/11 was a generational moment. In all three eras, the world watched and worried. And in each case the event was so monumental that conspiracy theories seemed necessary to explain them.

While on the verge of entering World War Two, history records the United



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NEW YEAR REFLECTIONS

Along with many members of the Ottawa Jewish Community, I joined with family and friends to show our support for the Jewish Federation of Ottawa and hear a hero in our day, Hillel Neuer from UN Watch, on Sunday, September 17 at the Annual Campaign Kickoff. My husband has known Hillel Neuer for more than two decades and we encouraged as many people in the community to attend as we could. We were even able to bring our son to the event and promised to introduce him to Hillel afterward.

I love Israel. When anyone says or writes anything negative about Israel, I take it personally because, like others in the community, I feel that an attack on Israel is personal because Israel is my family, and I defend her the way I would defend a member of my family. Similarly, attacks on my father, Justice Richard Goldstone, are also difficult for me.

Our family moved to Ottawa in 2009 just after the release of my father's report on the war in Gaza. The warmth of the Ottawa Jewish community allowed us to heal from the fallout from my father's report. Members of the Ottawa Jewish community put personal relations over their own politics to reach out and welcome me and our family in a way so important they will never be able to fully appreciate.

I was therefore devastated to hear Hillel mention and castigate my father three times in the course of his 40-minute talk. It was upsetting to us and, I gather from responses I received, to other friends in the audience. It was also strange. The Goldstone Report was released in September 2009. That was eight years ago.

Overall, Hillel's talk was informative as he gave hard numbers to show what we all know about the UN Human Rights Council: that it is a group of human-rights-abusing nations hell bent on denigrating and delegitimizing Israel.

UN Watch has a duty to tell us, as their supporters, the truth. As they constantly preach about the importance of honesty, I was surprised to hear Hillel say that the Goldstone Report exonerated Hamas when it quite definitely did not.

Right after the report was released, the Globe and Mail headline on September 16, 2009 was "UN finds evidence of Israel, Hamas war crimes in Gaza," while the lead paragraph read, "The surprising thing about the United Nations' 575-page report on allegations of war crimes in last year's Israeli attack on Hamas was that it spent so much space evaluating Hamas and concluding that groups under its control carried out acts that amounted to war crimes, and possibly crimes against humanity."

In the same way that I do not stand silent when critics of Israel wrongfully attack it, I cannot stand by

when falsehoods are uttered about my father.

I write this during the time between Rosh Hashanah and Yom Kippur – a time for reflection, repentance and thinking about the upcoming year. I hope that Hillel Neuer and others will remember the power of their words when choosing what they say in the year to come.

Nicole Goldstone

REVISING HISTORY

With all due respect, Michael Regenstreif is indeed supporting revising history based on hysteria emanating from groups in the U.S. (From the Editor, September 4).

I disagree with his interpretation of the Charlotte Whitton episode. She was not thrown in the mud by applying current values. We simply objected to her being honoured further, and for very sound reasons.

There seems to be a strong tendency for Canadians to forget that our history and outlook are very different from our neighbours to the south. We should not be surprised that many people are preoccupied by events there and starting to emulate their behaviour, given that we are inundated with emotionally charged material about the U.S. But we are not Americans and we have no history of slavery in this country. The very unfortunate outcome of policies dealing with Canada's native peoples belies the fact that they were not intended to enslave or punish. Enormous efforts have been made, and are currently being expanded in an attempt to repair the damage that has taken place.

Canada is not perfect, but when we opt to destroy the legacy of those who built this amazing country, we are simply failing to understand that the fashions and trends of the politically correct are faulty, and frankly, corrosive. Removing the names of these giants will not improve the situation for anyone, in any way, at all. It is merely a sop for the mob.

Barbara Okun

LETTERS WELCOME

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

Send your letters to Michael Regenstreif by email to bulletin@ottawajewishbulletin.com

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JNF is Past, Present, Future Building Israel since 1901

Micky Rosenfeld's JNF Canada tour Israel's foreign press spokesperson visits Ottawa

Speaking on behalf of JNF Canada, Superintendent Micky Rosenfeld addressed over 1,000 people in less than week on his September tour starting in Ottawa (see article on p. 14). His focus for this talk was the extent of police coverage and security in Jerusalem and across Israel.

As Israel's spokesperson to hundreds of media outlets across the world, he has learned how to navigate media and the tactics that media use to position "incidents" that may not always end up in Israel's favour. Although his bureau will issue facts to media outlets, such as Reuters, he is aware that headlines will likely be skewed or biased against Israel. Still, the focus is always on issuing facts and clarifying via facts any stories that deviate. In a pre-event meeting with JNF lay leaders, he also mentioned how live television can alter the facts by using photos from past events that have nothing to do with the current situation and how he now insists on seeing the screen and cutaways at all times while being interviewed.



L to R: Oliver Javanpour, Dan Mader, Alan Blostein, Lynda Taller-Wakter, Micky Rosenfeld)

November 6 is fast approaching and selling out JNF Ottawa Negev Dinner honouring Lawrence Greenspon

There is still time to learn more about the most inspiring event of 2017 at jnfottawa.ca, sponsor a table and buy tickets.

SAY IT WITH TREES ad goes online Subscribe and find out who said it with trees

With the digital age upon us, JNF Ottawa has made the decision to publish our semi-annual "Say It With Trees" ad as an eblast to subscribers. As we are a charitable organization, we believed that it no longer made financial sense to spend additional advertising now that we are able to email for free. To subscribe to our emails, please let us know by phone or email.

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Sefer Bar Mitzvah: Kyle Taylor, by his parents, Steven and Audrey Taylor.

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CICF brings young Israeli cellist to Ottawa

BY JANE GORDON
CANADA-ISRAEL CULTURAL
FOUNDATION

The Canada-Israel Cultural Foundation (CICF) and the America-Israel Cultural Foundation (AICF) are dedicated to supporting and developing artistic life in Israel, as well as showcasing Israeli talent and culture in Canada and the U.S.

One of the ways that CICF/AICF does this is to provide tuition assistance through the Sharett Scholarship Program to gifted, young Israelis who demonstrate significant talent and potential in the arts, and to assist in their professional training and public exposure.

The program covers all areas of the arts, including music, fine arts, dance, theatre, television and cinema. Hundreds of applicants audition for the program and those selected are considered the most talented. Without the support of CICF/AICF, many of these young artists would be unable to afford their studies.

On Sunday, October 15, 2:30 pm at Freiman Hall, University of Ottawa, 610 Cumberland Street, CICF Ottawa is delighted to present 'An Intimate Afternoon of Music' in



Israeli cellist Shulamit Sarid will perform at the University of Ottawa on October 15.

support of the Sharett Scholarship Program. Cellist Shulamit Sarid, a recipient of a Sharett scholarship, will play Bach, Debussy, Ravel and Shostakovich.

Shulamit was born in Jerusalem. She studied at the Buchman Mehta School of Music and the Jerusalem Academy of Dance. She is currently continuing her education at the Glenn Gould School of the Royal Conservatory in Toronto. Shulamit served in the IDF Outstanding Musician Unit per-

forming all over Israel and played in the Music for Community Project of the Education Corps, performing for the elderly, sick and children with special needs. She has performed as a soloist with the Israel Chamber Orchestra, and won top prizes in numerous chamber and string competitions. Most recently, she won the 2017 Ben Steinberg Musical Legacy Award in Toronto.

Stephanie Tang will accompany Shulamit on piano. Stephanie has won numerous awards across the United States and has performed at Carnegie Hall in New York, Koerner Hall in Toronto, and Walt Disney Concert Hall in Los Angeles. Stephanie is continuing her studies at the Glenn Gould School in Toronto.

CICF is delighted to invite the community to attend this event. Tickets for non-members are \$20 (adults) and \$10 (students) at the door. There is no charge for CICF members. CICF membership is \$50 (family) or \$35 (individual) per year. CICF membership will also be available at the door.

For more information, contact Tova Clark at tovaclark@rogers.com or Evelyn Greenberg at evgreen@rogers.com.

'Settlements are part of Israel,' U.S. Ambassador David Friedman says

JERUSALEM (JTA) – U.S. Ambassador to Israel David Friedman said a Trump administration-proposed peace plan likely will go public in months and that it was always understood that Israel would expand into the West Bank.

An interview with Friedman was posted September 28 on Israel's Walla news website.

Friedman said a peace proposal was advancing in Washington.

In answer to a question about when a plan would go public, the ambassador said, "I would speculate within months, but we're not holding ourselves to any hard deadline. We'll try to get it done right, not done fast."

Friedman, an Orthodox Jew who owns a home in Jerusalem, would not say whether the U.S. plan includes Israel giving up any settlements.

"I think the settlements are part of Israel," he told Walla. "I think that was always the expectation when Resolution 242 was adopted in 1967. It remains today the only substantive resolution that was agreed to by everybody."

Friedman was referring to the UN Security Council resolution passed following the Six-Day War that called for Israel to withdraw from the territories it occupied in 1967 in exchange for peace with its Arab neighbours.

"The idea was that Israel would be entitled to secure borders," he said. "The existing borders, the 1967 borders, were viewed by everybody as not secure, so Israel would retain a meaningful portion of the West Bank, and it would return that which it didn't need for peace



U.S. Ambassador to Israel David Friedman, with his wife, greeting his daughter and new Israeli immigrant Talia Friedman on her arrival at Ben-Gurion Airport in Israel, Aug. 15, 2017.

and security."

"So there was always supposed to be some notion of expansion into the West Bank, but not necessarily expansion into the entire West Bank. And I think that's exactly what, you know, Israel has done. I mean, they're only occupying two percent of the West Bank. There is important nationalistic, historical, religious significance to those settlements, and I think the settlers view themselves as Israelis and Israel views the settlers as Israelis."

Friedman also told Walla that the concept of a two-state solution "has lost its meaning, or at least has a different meaning for different people."

Meet Judith McKenney: new CFO at Federation, Foundation, SJCC and OJCS

BY NORAH MOR

Judith McKenney has been appointed chief financial officer (CFO) of the Jewish Federation of Ottawa, Ottawa Jewish Community Foundation, Soloway Jewish Community Centre and Ottawa Jewish Community School.

McKenney, who holds both CPA (chartered professional accountant) and CGA (certified general accountant) designations, has many years of experience working in the non-profit and charity sectors.

McKenney began her career as a

consultant at Deloitte after earning a bachelor of commerce degree at Carleton University and a master of health administration degree at the University of Ottawa. But she soon decided to leave the firm and work for non-profit organizations.

"Non-profits give purpose to what I'm doing," she told the Ottawa Jewish Bulletin. "I can give back to society... When I retire, I'll know I did something good in the world."

Over the past 20 years, McKenney has held senior finance positions at the Métis Nation of Ontario Secretariat, the

Perley and Rideau Veterans' Health Centre, and United Way/Centraide Ottawa. She has also volunteered with a number of organizations.

"Ottawa provides this: there's an atmosphere of giving, and many people donate their time for good purposes," she said.

"It's just as hectic and busy as the for-profit sector and requires [as much] time and effort."

McKenney said transparency and accountability are among her priorities.

"It's very important for me to inform our donors how we're doing financially."



"Non-profits give purpose to what I'm doing," says Judith McKenney.

Advertorial

B.H.

Step-by-Step Water Colour Workshop at Westboro Jewish Montessori Preschool

by Hadassah Lengler

The Westboro Jewish Montessori Preschool brought in a skillful water colour painter as an activity for their students this week. Jennifer Nicol, owner of *Jennifer's Flying Colours*, guided the students through a calming step-by-step water colour workshop using very fine, high quality materials.

The workshop started off with an introduction to composition, learning about how everything they see is made up of different shapes. In this particular workshop, the children were going to be painting fish. A very basic drawing made it easy for the preschoolers to understand, "the mouth has a heart shape," as one student commented.

Before beginning to paint, many students were jumping up and down. "I am so excited to paint!" cried one of the little girls excitedly. Jennifer had all the



students stand in place and relax themselves by taking in some deep breaths and loosening their shoulders. This was an astounding method used to quiet down the children and ease them for the gentle bleeding of water colours.

Crayons were handed out to each student for tracing. Jennifer described the unique property of wax that keeps the water away from it.

The students listened in awe.

With crayon in hand and a certain quiet but focused concentration filling the room, every child carefully traced their drawing.

"My goal is to introduce the children and let them experience painting in water colour," says Jennifer, an accomplished artist. She wanted the children to experience the expensive materials, feel the brush and bristles and see the slow blending of the water colours. In this particular workshop, the children learned the wet-on-wet technique. She helped each child

spread a layer of water on their paper before adding streaks of colour.

To embellish each child's painting, every student took a turn picking from an assortment of pretty shells to glue onto their project. Jennifer carefully dried the paintings and a hot glue gun was used to glue the shells onto each painting. She finished by adhering every student's art work to a canvas, making every single piece of work look like a gorgeous painting. Jennifer concluded that at the end of the day, "I want every child to feel proud of themselves, that

their outcome was a success."

Workshops like these are in line with the WJMP's Montessori curriculum that puts an emphasis on art and music, along with math, science, geography, botany, literacy, Hebrew and so much more. WJMP is licensed by the Ministry of Education. It has a toddler class open to children 18 months to 2.5 years old and the Casa class 2.5 years old to 6 years old. Before and after school care is available for parents who need extra care for their children.



Please call Devora Caytak, director 613 406 7712 for more information or go to www.westborojewishmontessoripreschool.org

These photos of Holocaust survivors from the SS Exodus are incredible

BY ANDREW TOBIN

(JTA) – In the summer of 1947, when the British turned away the SS Exodus from the shores of Palestine, the world was watching.

Before the eyes of the international media, British troops violently forced the ship's passengers – most of them Holocaust survivors – onto ships back to Europe. The resulting reports helped turn public opinion in favour of the Zionist movement and against the pro-Arab British policy of limiting Jewish immigration to Palestine.

But much else was happening in the aftermath of the Second World War, and attention soon shifted elsewhere. One of the few journalists to stick with the story was Jewish Telegraphic Agency (JTA) correspondent Robert Gary, who filed a series of reports from displaced persons camps in Germany.

Seventy years later and decades after his death, Gary is again drawing attention to the “Exodus Jews,” albeit mostly in Israel.

An album of 230 of his photos will be sold at the Kedem Auction House in Jerusalem on October 31, and a number of the images reveal the reality inside the camps, where the Jews continued to prepare for life in Palestine under trying conditions.

Some of the photos, which have little to no captioning, capture the haunting similarities of the DP camps to those in which the Nazis interned and killed millions of Jews during the Holocaust, including images of Exodus Jews repairing barbed-wire fences under the watch of guards.

But others show the Jews participating in communal activities and preparing for their hoped-for future in Palestine. In one photo, Zionist emissaries from the territory – young women dressed in white T-shirts and shorts

– appear to lead the Exodus Jews in a circular folk dance.

Shay Mendelovich, a researcher at Kedem, said he expects there to be a lot of interest in the album, which is being sold by an anonymous collector who bought it from the Gary family. Mendelovich predicted it could be sold for as much as \$10,000.

“The photos are pretty unique,” he said. “There were other people in these camps. But Robert Gary was one of the few who had a camera and knew how to take pictures.”

Between 1945 and 1952, more than 250,000 Jews lived in displaced persons camps and urban centres in Germany, Austria and Italy that were overseen by Allied authorities and the United Nations Relief and Rehabilitation Administration. Despite having been liberated from the Nazi camps, they continued to languish in Europe under guard and behind barbed wire.

Gary was an American Jewish reporter who JTA sent to Europe to cover the aftermath of the Second World War. He detailed the living conditions in the camps more than a year before the Exodus journey: inadequate food; cold, crowded rooms; violence by guards and mind-numbing boredom. But he reported in September 1946 that the greatest concern among Jews was escaping Europe, preferably for Palestine.

“Certainly the DP’s are sensitive to the material things and sound off when things go bad (which is as it should be), but above all this is their natural desire to start a new life elsewhere for the bulk in Palestine, for others, in the U.S. and other lands,” he wrote. “Get any group of DP’s together and they’ll keep you busy with the number one question: When are we leaving?”

In July 1947, more than 4,500 Jews

from the camps boarded the Exodus in France and set sail for Palestine without legal immigration certificates. They hoped to join the hundreds of thousands of Jews building a pro-Jewish state.

Organized by the Haganah, a Zionist paramilitary force in Palestine, the mission was the largest of dozens of mostly failed attempts at illegal Jewish immigration during the decades of British administration of the territory following the First World War. The British largely sought to limit the arrival of Jews to Palestine out of deference to the often violent opposition of its Arab majority.

The Haganah had outfitted and manned the Exodus in hopes of out-

maneuvering the British Navy and unloading the passengers on the beach. But near the end of its weeklong voyage, the British intercepted the ship off the shore of Palestine and brought it into the Haifa port. Troops removed resisting passengers there, injuring dozens and killing three, and loaded them on three ships back to Europe.

Even after two months on the Exodus, the passengers resisted setting foot back on the continent. When the British finally forced them ashore in September 1947 and into two displaced persons camps in occupied northern Germany – Poppendorf and Am Stau – many

See Exodus on page 12



Holocaust survivors pose for a photo in hats that read “Exodus 1947” in a displaced persons camp in Germany, September 1947.

JEWISH FEDERATION OF OTTAWA MEMBERS MEETING

Stay informed on issues affecting Ottawa’s Jewish community. Members Meetings are an important tool to ensure agency representatives and community members are up to date on the Jewish Federation of Ottawa’s key deliverables, priorities and outcomes. See jewishottawa.com for full meeting agenda.

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Exodus: Story became book and movie

Continued from page 11

sang the Zionist anthem “Hatikvah” in protest. An unexploded time bomb, apparently designed to go off after the passengers were ashore, was later found on one of the ships.

The widely reported events won worldwide sympathy for European Jews and their national aspirations. An American newspaper headlined a story about the Exodus “Back to the Reich.” The Yugoslav delegate from the United Nations Special Commission on Palestine called the affair “the best possible evidence we have for allowing Jews into Palestine.”

Later, the Exodus achieved legendary status, most famously as the inspiration and namesake of the 1958 best-seller by Leon Uris and the 1960 film starring Paul Newman. Some, including former Israeli foreign minister Abba Eban, credited the Exodus with a major role in the foundation of the State of Israel in May 1948.

Gary, who was stationed in Munich, had close ties to Zionist activists; he reported early and often on the continuing plight of the Exodus Jews in the camps. His dispatches highlighted their continued challenges, including malnutrition, and unabated longing to immigrate to Palestine.

In a report from Poppendorf days after the Exodus Jews arrived, Gary said the dark running joke in the camp was that the alternative to Palestine was simple: “Everyone would choose a tree from which to hang himself.”

“The Jews of Germany demand and expect a chance to start life anew under reasonably secure circumstances,” he wrote. “They feel these places exist mainly in Palestine and the U.S. And they are determined to get there, either by legal or illegal means, or just by plain old fashioned patience.”

Pnina Drori, who later became Gary’s wife, was among the emissaries that the Jewish Agency for Israel sent to the camps from Palestine to prepare the Jews for aliyah. As a kindergarten teacher, she taught the children Hebrew and Zionist songs. Other emissaries, she said, offered military training in preparation for the escalating battles with the Arabs in Palestine.

“In the photos, you see a lot of young people in shorts and kind of Israeli clothes,” she said. “We were getting them ready for Israeli life, both good and bad. You have to remember Israel was at war at the time.”

Gary was one of the few journalists who continued visiting the DP camps in the weeks after the Exodus Jews returned to Europe. Somehow he even obtained a fake certificate identifying him as one of the former passengers of the ship. But by late September 1947, JTA reported that British authorities had tired of Gary’s critical coverage and barred him from entry.

“The fact that Gary and [New York

newspaper PM reporter Maurice] Pearlman were the only correspondents still assigned to the story, and had remained at the camps, aroused the authorities, who charged that they “were snooping about too much,” according to the report.

Israel declared independence in May 1948, and after Great Britain recognized the Jewish state in January 1949, it finally sent most of the remaining Exodus passengers to the new Jewish state. Nearly all the DP camps in Europe were closed by 1952 and the Jews dispersed around the world, most to Israel and the United States.

Gary soon immigrated to Israel, too. He married Drori in 1949, months after meeting her at a Chanukah party at the Jewish Agency’s headquarters in



Jews repairing fencing at a displaced persons camp in Germany, September 1947.

ROBERT GARY



Jews dancing in a displaced persons camp in Germany, September 1947.

ROBERT GARY

Munich, and the couple moved to Jerusalem, where they had two daughters. Robert Gary took a job at The Jerusalem Post and later worked for the British news agency Reuters. Pnina Gary, 90, continued her acting career.

She said her husband always carried a camera with him when he was reporting, and their home was filled with photo albums.

Decades after Robert Gary died in Tel Aviv in 1987, at the age of 67, Pnina Gary wrote and starred in a hit play, “An Israeli Love Story.” It is based on her real-life romance with the first man she was supposed to marry, who was killed by local Arabs in an ambush on their kibbutz.

“We knew life wouldn’t be easy in Israel,” she said. “That’s not why anyone comes here.”



A 1947 photo of the fake certificate identifying Robert Gary as a passenger of the SS Exodus.

COURTESY OF KEDEM AUCTION HOUSE

Roz Labow writes a book about her travels with Stanley

BY PAM ROSENBERG
SOLOWAY JEWISH COMMUNITY CENTRE

After writing a letter to the editor in response to “Travels with Mom and Dad,” a 1992 New York Times article, and seeing it published in the Times, Roz Labow got the idea to write a book about her own family’s travels across the globe.

Now, 25 years later, she has published *Travels with Stanley: Don’t Step on the Garlic* which documents her and husband Stanley’s adventures in 129 countries along with some of their rather unconventional travel rules such as no major tourist attractions, carry-on luggage only, and no reservations.

“We always have somewhere to go when we land, but the rest is up in the air,” said Roz. “We have never slept in a car.”

The book was a labour of love for Roz, a retired University of Ottawa biochemistry professor and researcher, who spent a year pouring over volumes of trip diaries that told the stories of 55 years of travel with her husband, an Ottawa plastic surgeon, and sons Brian and Daniel.

Organized for the most part like the chapters found in a travel book, *Travels with Stanley* is divided into sections about “getting around” and “getting



World travellers Roz and Stanley Labow stop for a photo in Oman, just outside Muscat, overlooking the Arabian Sea.

there,” but also includes sections where stories from many places are lumped together. For example, in Chapter 9, “Encounters with Wildlife,” she recounts what she calls “the most popular story... the crocodile story.”

While visiting Impalila Island, Namibia, the Labows were on a boat when they heard screaming from across the river and saw a little girl in the jaws of a crocodile. Their guide trapped the croc with the boat while Stan beat its snout with

his fist. When the croc finally let the girl go, she was in need of serious medical attention which the Labows took care of as best they could with what was at their disposal.

Other Roz favorites include a visit to a penguin sanctuary in Argentina and the Barcelona taxi story, but it was their encounter with the mountain gorillas of Rwanda that to this day remains her number-one experience.

The subtitle of the book, “Don’t Step on the Garlic,” is “an allegory of cultural sensitivity,” according to the author, and comes from a trip to Indonesia where they were visiting rice paddies and were told not to step on the garlic. “It’s about what’s important to people where they are.”

But before there was a book there was the cover picture: a well-worn pair of Mephisto shoes. “They are the pair that Stanley has worn on many trips; they are the most comfortable shoes. I took the picture long ago and said that would be the cover of the book I would write one day.”

Roz will speak about her book at the Soloway Jewish Community Centre (SJCC) on Sunday, October 29, 10:30 am. *Travels with Stanley* will be available for \$22 and proceeds from book sales will benefit the SJCC Fitness Department.

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Israel is safe and secure, says Israel Police spokesperson during Ottawa visit

BY NORAH MOR

Chief Inspector Micky Rosenfeld, the Israel Police spokesperson for foreign press, was in Ottawa, September 10, for a security briefing to the community organized by the Jewish National Fund of Ottawa at Congregation Beit Tikvah.

Rosenfeld spoke about the various threats and challenges Israel Police face on a daily basis and discussed how they meet those threats and challenges.

“Intelligence operations take place 24/7,” he said, “and the flow of information is constant.”

In recent years, he said, the police have gained a “huge advantage in intelligence technology. Using tracking devices, we can now identify and arrest terrorists even before they enter Israel.”

Rosenfeld said there is ongoing cooperation and coordination between different units, departments and institutions in Israel, including the police, Israel Defense Forces, municipalities, and Magen David Adom, as well as international forces.

He said events in Israel will sometimes have an impact throughout the Middle East and pointed to the unrest this summer at the Temple Mount in Jerusalem following implementation of security measures following a terrorist attack there.

What started with unorganized terrorists from a small Arab-Israeli village in Northern Israel almost blew-up the entire Arab and Muslim world, he said.

For this reason, Rosenfeld explained, police work closely with community and religious leaders in Israeli-Arab villages as “this is the only way to see exactly what’s going on the ground; by shaking



Chief Inspector Micky Rosenfeld of the Israel Police speaks at a community briefing, September 10, at Congregation Beit Tikvah.

people’s hands and looking in their eyes.”

“Since October 2015,” Rosenfeld said, “there have been 320 knife, shooting and vehicle attacks by lone wolf terrorists who are not part of formal or organized groups.” Israel Police, he said, need to profile who the next potential terrorist is before an attack.

Among the causes for lone wolf attacks, he said, is incitement posted on social media, and misinformation spread by Palestinian public figures.

“We must put out a press release about an opera-

tion within five minutes,” he said, to counteract such misinformation.

Despite ongoing threats of lone wolf terrorism, “Israel is very safe,” Rosenfeld said.

Responding to a question from the audience, Rosenfeld said terrorist attacks like the Sbarro restaurant attack in Jerusalem in 2001 don’t happen anymore because the planning needed to execute such terrorist operations cannot withstand the layers of security that now exist.



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When Jews wore burkas: An exhibit showcases unexpected Jewish fashion

BY ANDREW TOBIN

JERUSALEM (JTA) – When the Israel Museum put a burka-style garment on display in an exhibition on Jewish clothing, some visitors were confused: What does a full-body cloak associated with Islam have to do with Jewish fashions?

A lot, it turns out.

“This was actually traditional clothing for high-society Jewish women until even the mid-20th century,” Efrat Assaf-Shapira, a curator of the museum’s vast collection of Jewish costumes, told JTA. “Jews around the world mainly wore whatever their surrounding societies wore.”

So, for example, white silk Tunisian wedding pants with a 10-foot waist to accommodate pleasingly plump brides, a purple silk Iranian skirt inspired by the tutus of the Parisian ballet and a white cotton Ethiopian dress and belt are part of the museum’s collection of Jewish clothing.

Now the Israel Museum is preparing to bring its cosmopolitan Jewish fashions to New York for the first “comprehensive U.S. exhibition” of Jewish costumes. “Veiled Meaning: Fashioning Jewish Dress,” will be on display at the Jewish Museum in Manhattan from November 3 to March 18.

Since its opening in 1965, the Israel Museum has accumulated the largest collection of Jewish dress in the world. The climate-controlled basement of its sprawling campus in downtown Jerusalem houses some 10,000 items worn by Jews in dozens of countries over the past few hundred years.

The museum’s collection is the result of Israel’s unique role as a refuge for world Jewry: Most of the items were donated by the immigrants who rushed to the country by the millions after its founding in 1948.

“The large scope of this collection is only possible because all the communities from around the world came to Israel,” Assaf-Shapira said. “It’s a rare meeting of cultures that happened at the edge of modernization.”

Still, the collection is inevitably limited by the forces of history. According to Assaf-Shapira, Jews already were beginning to trade their traditional clothing for Western-style garb when they began immigrating to Israel, and this was especially true of men. Also, because of the Holocaust, European Jews brought very little of their culture with them, with the partial exception of those from the south of the continent.

As a result, the clothing preserved by the Israel Museum largely represents the styles worn by Jewish women in North Africa, Yemen and Asia during the late 19th and early 20th centuries. Most of the items are the kind of ceremonial garb that such women packed away in their closets as heirlooms, especially wedding dresses.

Over the decades, the Israel Museum has displayed its clothing collection in a series of exhibitions focused on Jews from specific regions. In 2014, for the first time, it showcased global Jewish fashion under the title “Dress Codes: Revealing the Jewish Wardrobe.”

“Veiled Meaning” at the New York museum will be a version of that exhibition, including about 100 items from dozens of Jewish communities as far flung as Italy and India.

Assaf-Shapira said the sheer variety of materials, colours and designs challenge the notion that Jews preserved their identity by rejecting outside influences. In most cases, she said, Jews dressed in the style of the surrounding society.

“There is shared core of the religion and the ceremonies,” she said of these Jewish communities. “But surrounding this shared core, there is a whole area of tradi-



Iranian Jews wore a tutu-inspired skirt and jacket in the early 20th century.



A bridal outfit worn by Tunisian Jews in the early 20th century.



A Bukharan Jewish couple posing in coats lined with ikat weaving.



A chador worn by Jewish women in Herat, Afghanistan.

PHOTOS COURTESY OF THE ISRAEL MUSEUM/MAURO MAGLIANI

tions which were shared with Muslims and Christians.”

In some cases, Jews even contributed to popular fashion, she said, citing a Bukharan woman’s coat lined with colorful ikat weaving at which local Jews were skilled.

Even when Jews did wear distinguishing clothing, Assaf-Shapira said, they were typically preserving and appropriating outmoded local fashions, not uniquely Jewish ones.

Which brings us to the burka-like veiled garment that confounded visitors to the Israel Museum and will be on display in New York.

In Mashhad, Iran, Jewish women wore the chador along with a veil – just like their Muslim neighbors. After they fled persecution and forced conversion in the 19th century and resettled in Herat, Afghanistan, they preserved their Iranian-style shawl rather than adopt the local burka like their Jewish contemporaries in nearby Kabul. Many continued to wear the chador until they immigrated to Israel, as late as the 1970s.

“These items going to New York tell the story of the diversity of the Jewish communities all around the world,” Assaf-Shapira said, “and actually how you keep your identity through changing times.”

A conversation with the text

The JPS B'nai Mitzvah Torah Commentary

By Rabbi Jeffrey K. Salkin
Jewish Publication Society
424 pages

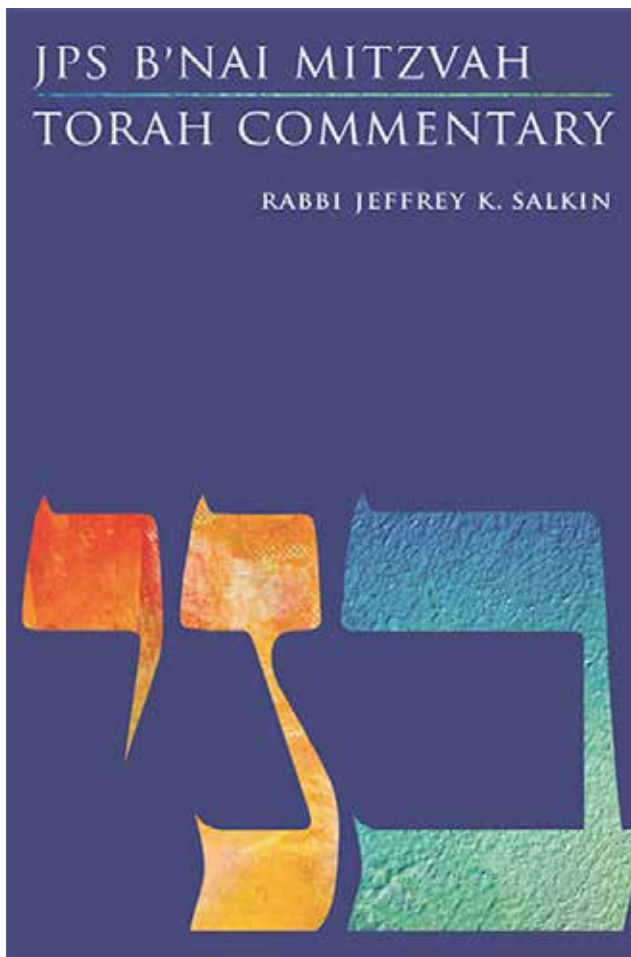
With *The JPS B'nai Mitzvah Torah Commentary*, Rabbi Jeffrey K. Salkin has taken his expertise in creating meaningful b'nai mitzvah ceremonies in a new direction by showing teenagers how the Bible – both Torah and haftarah portions – can speak directly to their lives.

For Rabbi Salkin, the most important part of a bar or bat mitzvah is that it gives teenagers an opportunity to teach Torah to their congregation. Yet, many teenagers have no idea how to get started. Rabbi Salkin offers help, for example, in the book's introduction, including a basic outline for a traditional d'var. He also offers suggestions for those who would prefer a different approach – whether it's writing a letter to a biblical character as their d'var or creating a work of art. However, the majority of the book focuses on helping students think more clearly about the ideas offered by each Torah portion.

The JPS B'nai Mitzvah Torah Commentary is divided into two parts. Part one looks closely at each week's parasha. Rabbi Salkin offers a brief summary of the section, followed by a list of what he sees as the major ideas presented. He also offers two short divrei Torah (what he calls “mini-sermons”), looking at material from traditional and modern sources. He concludes each section with a list of questions to encourage original thought and to help readers tie the portion directly to their own lives.

The second part of the book offers insights into the haftarot. These sections feature a short essay about the haftarah and how it relates to that week's Torah portion.

Rabbi Salkin's slant is definitely liberal and that's clearly on display when, for example, he tells readers that it's OK if they don't like everything they read or find some religious practices offensive. However, he does believe that shouldn't stop teenagers from trying to understand what occurs, since, “after all, most kids spend a lot of time thinking about stories that contain



ideas that modern people would find bizarre. Any good medieval fantasy story falls into that category.”

His commentary offers some excellent ideas. For example, when writing about the commandment to love God, Rabbi Salkin discusses the idea of love as not just a feeling, but an action: “Love is therefore something that you do to your neighbour. In fact, in the Bible, quite often *ahavah*, which means ‘love,’ doesn't

really mean love as an emotion, but as a way of saying that you live in a sacred relationship with someone – that there are responsibilities. We are committed to love the stranger, which means that we have responsibilities to him or her. We are commanded to love God, which means that we have sacred responsibilities. And, yes, our love for our neighbour is based on taking care of that person as well.”

He also writes about the balance between Jewish actions that occur in a synagogue and those that take place in the home. Rabbi Salkin notes that people who say they don't need a synagogue to pray are correct. However, he suggests that few of them actually do pray when they are not part of a congregation. While he thinks the synagogue plays a major role in Jewish life, Rabbi Salkin notes what happens in the home is also important. “The best Jewish stuff happens around a table: Shabbat dinners, festival dinners and Passover seders.” He believes it takes “family and community” to make the Jewish people strong.

In one essay, Rabbi Salkin asks his teenage readers to consider why Judaism places an emphasis on study. After suggesting several answers, he offers one that students might not have listed: Judaism emphasizes education to teach teenagers to “learn how to think. Jewish education is great preparation for how to think like an adult. When many people discuss controversial subjects, they can get very worked up, not really listening to their opponents' views, and seeing them in the worst possible light.” Rabbi Salkin notes that's not the way “Judaism views the world.” Instead, he believes it encourages people to study different opinions: “Here is one example. Traditional medieval commentaries on the Hebrew Bible have a very interesting page layout. The Bible text is in the middle and the commentary, or interpretations of the text, from the centuries surround it. All those teachers ‘live together’ on the same page, in shalom.”

The JPS B'nai Mitzvah Torah Commentary is an excellent resource for students preparing for their b'nai mitzvah or as a text for classes studying the portion of the week. While aimed at teenagers, Rabbi Salkin offers insights that many adults will also appreciate. His commentary would make a great addition to every synagogue library.

Books and Bagels at Temple Israel

BY ANNE ALPER
FOR TEMPLE ISRAEL

Temple Israel's Books and Bagels program continues this fall with an exciting lineup of books and speakers.

Sessions take place on Sunday mornings at Temple Israel, 1301 Prince of Wales Drive, and begin with a bagel breakfast at 9:30 am, followed by the book review and discussion. There is no charge or pre-registration required, but a voluntary donation to cover the cost of breakfast is appreciated.

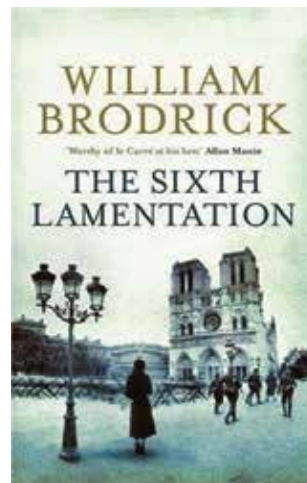
Everyone is welcome.

October 22 – Angus Smith will review *When Sonia Met Boris: An Oral History of Jewish Life Under Stalin* by Anna Shternshis. Based on nearly 500 in-depth oral history interviews with Soviet Jews, this book reveals previously unknown stories of everyday life for Jews in the Soviet Union, as well



as how individual Jews responded to notorious instances of repression.

November 12 – Rubin Friedman will review A



Horse Walked into a Bar by David Grossman, winner of the 2017 Man Booker International Prize. Set at a stand-up comedy show in Israel that takes place over just two hours, the novel recounts the tale of a comic who faces a personal crisis while performing his routine, leading to a series of candid and chilling revelations about his past.

December 10 – Rabbi Steven Garten will review *The Sixth Lamentation* by William Brodrick. Eduard Schwermann, a suspected Nazi war criminal, claims sanctuary at Larkwood Priory. Ordered to investigate the 50-year-old mystery of Schwermann's crime, Father Anselm, an ex-lawyer turned monk, is soon immersed in the murky history of the Nazi occupation of Paris and the deportation of French Jews to the death camps.

For more information about Books and Bagels, contact Shayla Mindell at shaylamindell@rogers.com or 613-594-4556.



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David Waxman by Shirley and Henry Greenspoon
Harold Wolf by Sharon Wolfe



Remembering years past: Ben Goldberg's second bar mitzvah

The late Ben Goldberg – in the centre of the photo wearing a dark sweater – was the man of the hour when his family gathered to celebrate his second bar mitzvah, on his 83rd birthday, on November 30, 1991. Ben's wife, the late Eileen Goldberg (née Rivers) is seated (second row, third from left) wearing a blue sweater. Earlier in the day, during Shabbat services at Congregation Machzikei Hadas with Rabbi Reuven Bulka officiating, Ben chanted the haftarah. The bar mitzvah celebration also included a kiddush luncheon for the congregation.



Biking (and walking) for Bubbies

Biking for Bubbies, held this year on September 10, wasn't just for bikers. Hillel Lodge resident, Sylvia "Bubby" Freeman (centre) walked with daughter-in-law Norma Freeman (left) and Cindy Garcia, who represented the nurses at Hillel Lodge. Together, Bubby Sylvia and Nurse Cindy raised just over \$8,000 of the \$100,000 that was raised by the Biking for Bubbies event in support of Hillel Lodge.

PETER WAISSER

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Morris Samel Wishing you a speedy recovery and wishing you and the family a happy healthy New Year by Helen and Mayer Alvo

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Holocaust monuments are public apologies

It's the end of August and I'm staring at a ravine. My sister is complaining about the heat; the walk from the metro to the park didn't help. In Ottawa, then, unlike any of the former allied countries, there is *not yet* a National Holocaust Monument, but we are far away from home. She says in our mother tongue that the flowers around the ditch are either dead or dying.

I notice the smell. Had they bloomed, we would have been more patient – but this site is what remains of Babi Yar. At Babi Yar, nearly 34,000 Ukrainian Jews were murdered, waiting in line for a train that never materialized.

I'm not wearing my kippah. My sister stays at the base of the ravine, while my mother and I climb up. We see into what the late poet and dissident Yevgeny Yevtushenko called “a steep cliff only, like the rudest headstone.” I think it is a Friday morning.

Here too, even from the top, it's not easy to spot this as the site of one of the largest massacres of Jews during the Shoah. There is one menorah, but many crosses: one for the two priests martyred; another for the murdered Ukrainian nationalists. Nearby, after a fatal attempt by the Soviet government to erase the ravine with its Jewish cemeteries, a memorial stone for victims of a mudslide lies undisturbed.

Ottawa is a far cry from the horrors of Kiev and the rest of Europe, of course. In Auschwitz, inmates named the storehouse, where their belongings laid far away, “Canada.” Since the Shoah, roughly the same number of Jewish survivors left for Canada as those that were murdered overnight, between September 29 and September 30, 1941, at Babi Yar.

Silence, however, is the common thread between the old country and the new. Since monuments



ALEXANDER CHUCHIN
CAMPUS
LIFE

Monuments, explaining the crux of their power, stand the test of time. Napoleon built Arcs, Augustus left Rome in marble, and Washington grew out of every downtown hub across the United States. Holocaust monuments are permanent apologies.

inscribe the stories that nations tell, to not tell a story is a deliberate act. Soviet policy refused to recognize the Shoah's victims because Jews were accessories to the state, and the state was the one that perished during the long years of the “Great Patriotic War.” Meanwhile, Canadian policy on Jewish immigration during the 1930s and 1940s, as described by an unnamed official, and the title of Irving Abella and Harold Troper's definitive book on Jewish immigration to Canada at the time, was that “none is too many.” In the Soviet Union, Jews were killed; Canadian apathy enabled their killers.

But now, things have changed.

Here, in Ottawa, the National Holocaust Monument opened on September 27 – two days before the 76th

anniversary of Babi Yar. There, in Kiev, a new museum broke ground. Both are positive steps, not necessarily because they represent the interests of the Jewish people, but rather because they do what monuments set out to do: symbolically right past wrongs.

Monuments cannot bring back the Jewish communities of Ukraine. They cannot plot a way forward, despite what the promotional materials say. They barely remember the past, if judged by the standard of facts or information (this would require books, and reading). For students, they barely impact the four cubits of their lives.

Instead, monuments signal the lasting interests of the state. It is a public apology, directed at those the state wronged. The Menorah at Babi Yar is beautiful, built and financed by the Ukrainian government the same year that the Soviet Union collapsed. The National Holocaust Monument accomplishes the same.

Monuments, explaining the crux of their power, stand the test of time. Napoleon built Arcs, Augustus left Rome in marble, and Washington grew out of every downtown hub across the United States. Holocaust monuments are permanent apologies.

Or, at least, monuments attempt to endure. The last lines of “Ozymandias,” by the poet Percy Bysshe Shelley, mocks the ancient hubris of the “king of kings” who calls out to “look on my works, ye Mighty and despair.” Yet, “nothing beside remains,” save that “the lone and level sands stretch far away.” Next October, standing under the sun, would it matter where our monuments stand – and for how long?

Then again, maybe the question is irrelevant. Two states decided now to recant their sins. With Yom Kippur recently passed, this could be a timely lesson.

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UNRWA should no longer exist

After Justin Trudeau became prime minister, I predicted that our new PM's "sunny ways" would affect Canada's relationship with Israel. I worried that Trudeau would return to the classic Liberal ways of pledging solidarity with Israel, but undermining that bond by resuming Canada's no-questions-asked support of the United Nations despite its anti-Israel obsession.

And I feared that he would quickly back down from the courageous stand of his predecessor, Stephen Harper, who scaled down and then withdrew Canada's funding of one of the most corrupt and misguided UN agencies, the United Nations Relief and Works Agency for Palestine Refugees in the Near East (UNRWA, pronounced "Un-rah").

Sure enough, the Trudeau government resumed funding of UNRWA last fall to the tune of \$25 million a year, with great fanfare about "enhanced due diligence" and a "robust oversight and reporting framework."

But even after Geneva-based UN Watch issued a scathing report earlier this year, exposing 60 cases where UNRWA teachers, principals and other employees publicly endorsed anti-Israel terrorism or classical anti-Semitism, our PM insisted that it was better to keep an eye on UNRWA than to abandon it.

"We believe that constructive engagement on the world stage is what Canadians expect," the prime minister said in question period in July.

"And our re-engagement with UNRWA is actually allowing us to hold to closer account the choices and the funding that are delivered through that mechanism.

"We know that Canadian pressure and Canada's being part of UNRWA help us to ensure that the help is going where it's needed and it's not creating negative



consequences for Israel or for anyone else."

If only that were true.

There are two major issues with UNRWA. First is the agency's failure to properly vet its employees for support of Hamas and other terrorist groups, and its insistence on using Palestinian schoolbooks that deny Israel's right to exist, promote hatred of Jews and incite to violence.

It's important that organizations like Palestinian Media Watch and UN Watch document these serious flaws in an organization that is supposed to be impartial.

But what is often ignored is the second major issue, which is that UNRWA should no longer exist.

UNRWA was established in 1949 to provide humanitarian aid to Arabs and Jews displaced by the 1948 Arab-Israeli War.

By 1952, Israel had resettled the Jewish refugees. But the 750,000 Palestinian Arab refugees, who ended up in neighbouring Arab states, were never properly resettled and continued to rely on UNRWA support.

Indeed, it is not within UNRWA's mandate to resettle these refugees, but to maintain them – and their descendants – as refugees in perpetuity.

"It is the only UN agency that increases its refugee population, now in its fourth generation and totalling more than five million people, rather than seeking to bring an end to their vulnerability," Shimon Koffler

Fogel of the Centre for Israel and Jewish Affairs wrote in the Globe and Mail when Canada was considering restoring UNRWA funding.

All other refugees in the world are the responsibility of the UN High Commission for Refugees (UNHCR).

A report in August by the Abba Eban Institute of International Diplomacy at the Interdisciplinary Centre in Herzliya revealed that in 2016, UNRWA spent an average of \$246 US for each of the Palestinians it defines as refugees, while UNHCR spent only \$58 per refugee.

The report found that UNRWA employees 30,000 people to handle about five million Palestinian "refugees," while the UNHCR employs only 10,000 people to deal with about 68 million refugees worldwide.

It gives an example from Jordan, where there are 44 UNHCR clinics to treat refugees from civil wars in Iran and Syria, and 25 UNRWA clinics that ignore Syrian refugees and treat only Palestinians.

The Institute recommends merging UNRWA into the UNHCR to improve the treatment of refugees around the world. That's the kind of change Canada can and should be supporting.

Our PM is currently too determined to win a two-year seat on the 15-member UN Security Council to rock the boat by criticizing the UN or its agencies.

But if he's determined to embrace the UN model, he can and should use his charm and newfound clout – along with his genuine concern for refugees – to push for reform of UNRWA, which could include a merger of the UN's refugee agencies.

That, rather than throwing money at a corrupt and misconceived organization, is the best way for Canada to use its "constructive engagement" on the world stage.

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Sunday October 22, 2017

9:30 am Bagels, 10:00 am Book Review

When Sonia Met Boris: An Oral History of Jewish Life under Stalin
by Anna Shternis,
reviewed By Angus Smith.

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Presented by Vered Israel Cultural & Educational Program

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7:00 pm

Soloway JCC, 21 Nadolny Sachs Private
Admission: \$10 at the door



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Contact: Ella Dagan (613) 798-9818 ext. 243 • edagan@jccottawa.com

There is a season

Shana Tova to you and yours. This is my 39th column for the Ottawa Jewish Bulletin, and it is also my last. I have never specifically addressed you, dear reader, but I want to do so now as I reflect on the experience of writing this column over the past two years. I want you to know that I am grateful for your readership and your support.

I have enjoyed speaking with you, in any number of places, about the columns. We have talked in grocery store aisles and at the market; at the synagogue after and sometimes *during* a service; in the change room of the Soloway Jewish Community Centre; in triangular fashion through my parents; and even at the airport. It has been a delight to connect with you these past two years; whether or not we shared the same opinion, you let me know that you read the work and that it spoke to you.

Many of my columns were written in lightness: tongue in cheek, sarcastic, they playfully teased out issues and my own contradictory opinions. In an early column I confessed how envious I was of the *chaverim*, women in my former Montreal neighbourhood whose lives seemed full with family and purpose. More recently I wrote two columns that reflected my love of great food and the communion possible when we gather around a table.

Yet many of my columns were written as an immediate response to events happening in the world and close to home, and now, looking over them as a collection, I see a roadmap of issues that have characterized the past two years: the Syrian refugee crisis; social justice for people of colour; reconciliation and repair between Indigenous people and Canada; social



SARAH WAISVISZ
**DISPATCHES
FROM THE
DIASPORA**

I hope that, if nothing else, I have encouraged you to think about things differently, modelled ways to approach topics with nuance, and made you laugh once in a while even as you disagreed!

inequality; gendered violence; and humanitarian crises around the world.

Some of my columns have dealt exclusively with Jewish themes or questions of ritual, spirituality, and practice. At other times, I tried to weave Jewish notions and questions into a piece that appeared to be about something else, like the issues above. I wrote with an awareness of where we were in the Jewish calendar, and I tried to make connections to the rhythm of our seasons and our holidays. By layering the collection of articles onto the calendar, I can now trace the rhythm of my secular and spiritual life and my commitment to a particular desire to work for *tikkun olam* (repair of the world).

I also see that the collection of articles, this roadmap, is not even or neutral. There are a few landmarks that now glow with a kind of ironic presence, a dull and sad pulsing. Let me explain.

My very first column referenced a cottage by a lake, a magical end-of-summer swim, and the hospitality of two kind friends who are the founders of my congregation, Or Hanesamah, Walter and Teena Hendelman. In the two years since that column appeared, the generous and spirited Teena succumbed to cancer. Similarly, my first Passover column was written in honour of my adopted bubbe and zayde, Rose and David Shentow. But, next year's Passover seder will come and go without David's big heart and his equally big appetite. This year also brought me closer to the rituals of mourning as I helped to lead two Shloshim services: one for my dear friend Eelco Buitenhuis and one for my 'zayde,' and so I wrote about Shloshim and grief in this column. Moreover, while I have written often about humanitarian crises and traumas around the world, not one of them has been solved or even remedied. Sometimes writing feels like weeping in an empty room. At this potent time in the Jewish calendar, when the seasons change and the melancholy of autumn flashes through each tree, each leaf, I feel these losses keenly.

Thank you for reading along with me. I hope that, if nothing else, I have encouraged you to think about things differently, modelled ways to approach topics with nuance, and made you laugh once in a while even as you disagreed! To tell you the truth, I felt that wide range of emotions while writing the columns, too. It has been an adventure.

In closing, because I appreciate the mysteries of life and of our tradition, I urge you to look up the Gematria significance of the number 39. I wish, for all of us on this planet, a year of peace and loving kindness.

October Programs at the Soloway JCC

Talks

Churchill and the Jews with Ronald Cohen

In this 100th anniversary year of the penning of the Balfour Declaration, Ronald Cohen will recount the history of Churchill's admiration of the Jews and his unflagging support for the Land of Israel.

Sunday, October 15
10:30 am–12:00 pm, Social Hall A
Admission: \$5 at the door

Role of Jewish Lawyers and Leaders in the Making of the Canadian Charter of Rights and Freedoms with Professor of Law, Adam Dodek

Wednesday, October 25
7:30 pm Social Hall A
Presented by the SJCC and the Bora Laskin Law Society

Travels With Stanley with Roz Labow

Book Talk and Book Sale
Sunday, October 29
10:30 am, Social Hall A



Courses

Please visit www.jccottawa.com or call Roslyn at (613)798-9818 ext. 254 for details and prices of the below courses.

Mixed Media with Violeta Borisonik

Wednesdays, October 18–November 22
12:30 pm–3:00 pm

Judaic Papercutting with Hy Cooper

Mondays, October 16–30
7:00 pm–8:30 pm

Beginner Spanish with Wendy Ordonez

Fridays, October 20–December 8
10:00 am–11:30 am

Eastern European Jewish Authors with Rubin Friedman

Thursdays, October 19–November 16
1:00 pm–2:30 pm

The Meaning, Beauty and Intention of Psalms (Tehillim)

Tuesdays, October 24–November 14
1:00 pm–2:00 pm

The health consequences of sitting and standing

Are you sitting while you're reading this article? Most people spend the majority of their waking hours sitting, whether it's at work, while watching television, perusing the Internet, reading a book, driving or eating.

Thanks to modernization and technological advancements in recent decades, many of today's occupations place few physical demands on workers. Unfortunately, progress has its disadvantages. Sitting for prolonged periods causes biochemical changes in the body that negatively impact blood glucose control, lead to deposits of fat in adipose tissue, and decrease the body's ability to break down fats in the blood and make them available as fuel for muscles. These changes increase your risk of weight gain, heart disease, Type 2 diabetes and shortened life expectancy. Being sedentary is also linked to higher risks for depression and some forms of cancer.

People whose job requires at least four hours of standing in place, such as machine operators, are not necessarily better off. Standing does provide some benefits such as a small increase in the amount of calories burned (roughly 50 more calories per hour) compared to sitting, which adds up over time. John Buckley of the University of Chester in the U.K. estimates that standing for three hours per day instead of sitting can burn enough calories to lose up to eight pounds of fat in a year without changing any other aspects of your lifestyle. In his small (10 participants) study on sitting versus standing, he also noted that blood glucose levels returned to normal more quickly after a meal in participants who stood for at least three hours per day compared to those who did not. <http://tinyurl.com/yc9fhkbr>



So is the solution to our sedentary lifestyle to get up and stand? Some health experts currently believe that standing for prolonged periods is worse for your health than sitting. Standing puts a strain on circulation; as blood pools in your legs, there's pressure on the body to pump the blood back to the heart which can increase the risk of heart disease. Standing for long periods can also cause varicose veins. Standing is more tiring and can cause back pain. A long-term Canadian (2017) study of 7,320 participants found that people who work in standing jobs have twice the risk of developing heart disease as people whose jobs mainly involved sitting.

<http://tinyurl.com/yam6ar22>

The study also found that men who had jobs that combined sitting, standing and walking had a significantly reduced risk of heart disease but, surprisingly, women in combination jobs had a significantly increased risk. The author suggests that this latter finding may be due to the more stressful types of jobs of the female respondents, such as childcare workers and nurses, but more study is needed to pinpoint the causes.

Some workplaces provide adjustable-height workstations that enable workers to perform their duties, such as working on a computer, while

standing. The thinking was that standing now and then throughout the day would reduce the potential health risks of sitting. However, ergonomic and occupational health specialists have discovered that users tend to lean on the stand-up desk which increases the risk of carpal tunnel's syndrome. They also found that workers tend to lose interest in standing. Therefore, the cost of the sit-stand adjustable workstations is not cost-effective and the health benefits are just not there. Even fancy, more expensive workstations that include a treadmill or bicycle pedals have not proven to deliver significant health benefits; at least, there aren't sufficient long-term studies to support that notion. And researchers have noted that putting such equipment in workers' cubicles does not mean they'll use it on a regular basis.

Depending what you read, there are researchers who believe that as long as you get in some regular exercise, sitting for prolonged periods isn't a health risk; others believe that no amount of exercise can undo the damage that occurs with prolonged sitting. It's a challenge figuring out what's really best when the scientists can't agree.

I try to go with a common sense approach: Move more. Whether it's on the job or in your non-working hours try to incorporate as much physical activity (in addition to workouts, sports or fitness classes) throughout the day as possible. That might mean taking the stairs, walking while talking on the phone, going upstairs or downstairs to talk to your teenager rather than texting, or walking rather than driving to the community mailbox. We were designed for movement, so let's do it.

Advertorial

Ottawa Chamberfest and Jewish Family Services of Ottawa join hands for Sir Andrés Schiff concert

Acclaimed pianist's Oct. 23 concert will benefit music education and social services programs

Ottawa Chamberfest and Jewish Family Services of Ottawa (JFS Ottawa) are joining forces to present Sir Andrés Schiff, one of the most significant names in classical music. Proceeds from the concert will benefit programs that benefit thousands in the Ottawa area.

Together, the groups welcome the pianist to Dominion-Chalmers United Church on Oct. 23, 2017. He last performed in Ottawa in 2009 and this will be the first time that local audiences will be able to hear him in the intimate Dominion-Chalmers venue.

Chamberfest and JFS Ottawa's unique partnership brings together cultures and causes in a celebration of unparalleled performance.

For Chamberfest, the concert will support its Community Engagement and Education programming, which includes annual Listen Up! collaborative arts creation project in schools, Xenia Concerts for children on the autism spectrum, career development programs for young artists, and Concerts in Care in long-term care residences.

On the JFS Ottawa side, the concert will benefit, raise awareness and address the growing gap in services available to Ottawa's survivors in need, particularly in support of refugees and victims of domestic violence.

"Chamberfest is proud to collaborate with an organization that has been working for nearly 40 years to support families in our community," says Chamberfest artistic and executive director Roman Borys.

"Our community engagement and music education programs compliment the many important services and programs JFS makes available. Together we're united in our efforts to enrich the lives of individuals and families throughout the Ottawa region."

Schiff, himself a former refugee to Britain and the son of two Holocaust survivors, is a two-time Grammy winner and acclaimed around the world for his insightful interpretations and mesmerizing piano-playing.

The partnership between the Ottawa Chamberfest and Jewish Family Services

of Ottawa came after both organizations discovered they were hosting benefit concerts a day apart. Rather than compete for the same market share, they decided to join forces and create something wonderful.

"Jewish Family Services' mission is to strengthen Jewish individual, family and communal life, and to strengthen individual, family and communal life in the great Ottawa community. We accomplish our mission through direct social service, partnership and advocacy. This partnership is very much in keeping with the spirit of Tikkun Olam," says executive director Mark Zarecki

**For tickets, please go to www.chamberfest.com
Telephone: 613-234-8008**

If you are interested in being a Jewish Family Services Patron of this event, please contact Rotem Brajtman. Email: rbrajtman@jfsottawa.com
Tel: 613-722-2225 ext: 467.

Submitted by: Anita Almstedt



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REFUAH SHLEMAH TO:
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THE DAVID SMITH FUND FOR JEWISH LIFE

ROSH HASHANAH GREETINGS TO:
David Smith by Anna Silverman and Ralph Pepper.
Leiba Krantzberg and Michael Metz by Anna Silverman and Ralph Pepper.
Moishe Smith and Renee Bates by Anna Silverman and Ralph Pepper.
Leslie and Maureen Smith by Anna Silverman and Ralph Pepper.
Aaron and Erin Smith by Anna Silverman and Ralph Pepper.

PATRICIA SMOLKIN MEMORIAL FUND

IN MEMORY OF:
Ann Miller by Nikki and Michael Shapiro and family.
Nancy Stevenson by Nikki and Michael Shapiro and family.
REFUAH SHLEMAH TO:
Bettyann Thompson by Nikki and Michael Shapiro and family.

CHARLES AND RAE TAVEL MEMORIAL FUND

BIRTHDAY WISHES TO:
Norman Slover by Sunny and John Tavel.
IN MEMORY OF:
Ethel Kesler by Sunny and John Tavel.

Rose Stein by Sunny and John Tavel.

SUSAN WEISMAN AND JEFF TAYLOR ENDOWMENT FUND

ANNIVERSARY WISHES TO:
Murray and Judy Lieff by Susan Weisman and Jeff Taylor.

MAZEL TOV TO:
Susan and Neil Finkelman on their recent milestones by Susan Weisman and Jeff Taylor.

LISE AND MARK THAW FAMILY FUND

ROSH HASHANAH GREETINGS TO:
Stan and Gail Hitzig by Lise and Mark Thaw and family.
Dorothy Nadolny by Lise and Mark Thaw and family.
Barbara Thaw by Lise and Mark Thaw and family.
Ellen and Jon Reider and family by Lise and Mark Thaw and family.
Elsa Swedko and family by Lise and Mark Thaw and family.

MOSES, CHENYA AND HENRY TORONTOW MEMORIAL FUND

IN OBSERVANCE OF THE YAHRZEIT OF:
Chenya Torontow by Tammy Torontow.

STEPHEN AND GAIL VICTOR ENDOWMENT FUND

ROSH HASHANAH WISHES TO:
Stephen and Gail Victor by Sandy Marchello.

BIRTHDAY WISHES TO:
Lyon Sachs by Stephen and Gail Victor.
Simon Morin by Sandy Marchello.

RUTH AND JOSEPH VINER ENDOWMENT FUND

BIRTHDAY WISHES TO:
Mark Dover by Ruth Viner.
Lee Allen by Ruth Viner.

HALTON/WEISS FAMILY FUND

MAZEL TOV TO:
Margo and Judah Silverman on the birth of their grandson by Debbie Halton-Weiss and Ron Weiss.

SANDRA AND SAM ZUNDER ENDOWMENT FUND

ANNIVERSARY WISHES TO:
Sandra and Sam Zunder by Seymour and Judy Berger and family.

THE WOMEN'S COLLECTIVE PHILANTHROPY PROGRAM
Providing support for services and programs that directly benefit women and children.

WOMEN'S COLLECTIVE ENDOWMENT FUND

MAZEL TOV TO:
Carol and Peter Oreck on the birth of their grandson Javier by Lynne Oreck-Wener and Bob Wener.
Janet Dollin on being the recipient of the May Cohen Award by Lynne Oreck-Wener and Bob Wener.

RYAN GOLDBERG B'NAI MITZVAH FUND

IN MEMORY OF:
Daniel Monson by Mary and Len Potechin.

MELANIE KLEINPLATZ B'NAI MITZVAH FUND

CONDOLENCES TO:
Howard Schwartz on the loss of his uncle by Peggy Kleinplatz.

DAHLIA AND ZACHARY SHABSOVE B'NAI MITZVAH FUND

IN MEMORY OF:
Arnold Glassman by Chuck, Adrienne, Dahlia & Zachary Shabsove.

BENJAMIN SHAPIRO BAR MITZVAH FUND

IN APPRECIATION OF:
Sarah Beutel and Steve Morgan by Nikki and Michael Shapiro and family.
Stacy and Michael Goldstein by Nikki and Michael Shapiro and family.

MAZEL TOV TO:
Carol and Ian Ratner on their beautiful simcha by Nikki and Michael Shapiro.
Susan and Neil Finkelman on their beautiful simcha by Nikki and Michael Shapiro and family.
Barbara Sherman on her new house by Nikki and Michael Shapiro and family.

JONATHAN, MATTHEW AND ADAM SHERMAN B'NAI MITZVAH FUND

ROSH HASHANAH GREETINGS TO:
Murray and Bea Garceau by Stanley and Norma Goldstein.
David and Ethel Malek by Stanley and Norma Goldstein.

BIRTHDAY WISHES TO:
Jack Sherman on his special birthday by Patti Moran.

ARIELLE ZELIKOVITZ B'NAI MITZVAH FUND

IN MEMORY OF:
Arnold Glassman by Lenora, Evan, Noah and Ari Zelikovitz.

NOAH ZELIKOVITZ B'NAI MITZVAH FUND

MAZEL TOV TO:
Susan and Neil Finkelman on their recent simcha by Lenora, Evan, Noah and Ari Zelikovitz.

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

Spend 'An Evening in Las Vegas' to support AJA 50+ programs

BY DENA SPEEVAK
AJA 50+

It promises to be a special evening for the entire community, November 4, when Active Jewish Adults (AJA) 50+ presents 'An Evening in Las Vegas.'

"We were looking for a new, exciting and innovative fundraising event that would have widespread appeal, be fun for participants and raise funds to support AJA 50+ programming, said Arnold Finkelstein, chair of the planning committee. For the price of a ticket, participants

will receive \$500 in 'funny money' to be exchanged for casino chips to play at the games tables or to use for the auction. Try your hand at blackjack, roulette, craps, poker and more. Professional dealers will keep the action moving, and assistance will be available for those who are unfamiliar with any of the games. Additional 'funny money' will be available for nominal sums.

Members of the community can sponsor a table as a donation to AJA 50+ and they will be recognized at the

event and receive a tax receipt.

To add to the ambiance of the evening, an eclectic array of hot and cold hors d'oeuvres will be available along with food stations with an international flair. Live music by the Sol Gunner Trio will round out the festivities.

You might be thinking, "What do I do with all of my winnings?" A live auction conducted by CBC radio news anchor Laurence Wall will wrap up the evening. Among the featured items are airline tickets and major gift certificates.

"This promises to be a great evening while at the same time contributing to the success of AJA 50+ and its focus on seniors in our community," said Finkelstein when asked why the community should support this casino night.

Tickets are \$75 per person and a partial tax receipt will be issued.

'An Evening in Las Vegas' will be held Saturday, November 4, from 7 to 11 pm at the Centurion Conference Centre. For more information and tickets, contact AJA 50+ at casino@aja50plus.ca.

Women Wage Peace comes to Ottawa

BY RONA BLOOMFIELD
WOMEN WAGE PEACE

A few weeks ago, Debi Parush, a former resident of Ottawa, introduced Women Wage Peace (WWP) to me and a group of other interested people. She described WWP as "a grassroots Israeli movement of women and men united across all traditional political, religious, social and geographic lines."

The goal of the WWP movement, she said, is to help reach an honourable and acceptable political agreement to the Israeli-Palestinian conflict and to increase the number of women in all aspects of negotiations.

"We cannot continue to live with this ongoing state of war hanging over us," said Norah Mor, an Israeli woman currently living in Ottawa, who has become involved in local efforts to support WWP.

The number of people involved in WWP has steadily increased as new members are recruited at meetings in villages and small communities across Israel and includes a diverse group of women and a few men, some secular, others religious, both Jews and Arabs, coming from the political left, right and centre.

In a YouTube video, WWP members talk about common concerns for their children and the future of their country, and share their experiences as mothers with the intention of finding a way to a peaceful coexistence. <http://tinyurl.com/yarnkyak>

WWP is "a grassroots Israeli movement of women and men united across all traditional political, religious, social and geographic lines."

As a first step, WWP is demanding a return to the negotiating table. In 2017, more than 25,000 Israelis have become members of WWP and support groups have formed in other parts of the world. Now WWP has come to Canada and we invite you to help us form an Ottawa chapter.

Visit www.womenwagepeace.org.il for more information about Women Wage Peace. Contact Rona Bloomfield at rhona@ncf.ca for more information about becoming involved in the Ottawa group.



A group of Ottawa women meet to support Women Wage Peace. (Back, from left) AC Dolgin, Rina Dalibard, Susana Bleuer, Corinne Baumgarten, Shayna Lipsey, (front, from left) Rona Bloomfield, Fran Klodawsky, Sheila Baslaw and Olly Wodin.

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JOB OPENING

Position Title: PSW or Companion for senior with Alzheimer

Shifts: Weekdays & Weekends, Day & Overnight Shifts (Flexible Part-time)

Profile of Ideal Candidate:

Experienced caregiver who can converse on a wide range of topics with an intelligent and gracious senior living in her home. Must be organized, have active problem solving skills, a good listener, energetic, engaging and flexible.

Orientation:

Position includes paid orientation and training

Additional Requirements:

- Knowledge of Jewish cultural practices an asset
- Clear oral and written communication skills
- Implement directives from case coordinator and family
- Assist client to manage activities of daily living, moods and energy
- Valid Driver's License
- Minimum 1 year experience working with Alzheimer clients
- U-First, or other dementia care training an asset

How to apply:

Send resume and references to Leah Smith at leahs@sympatico.ca

WHAT'S GOING ON | October 9 to 29, 2017

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

TUESDAY, OCTOBER 10

Screening of Film "Wish You Weren't Here"

7 - 10 pm, Cineplex Cinemas, 3090 Carling Ave.

Contact: Brian Herman, 613-422-0252

hermanbri14@gmail.com

Cost: \$18

A film which explores contemporary anti-Semitism.

THURSDAY, OCTOBER 12

Grand Simchat Torah Celebration

6 - 10 pm, Ottawa Torah Centre Chabad, 111 Lamplighters Dr.

Sponsored by B'nai Brith Canada

Contact: Rabbi Blum, 613-843-7770, rabbi@theotc.org

Kidush and buffet dinner, dancing with the Torah.

Simhat Torah Dinner & Party

6:45 - 10:45 pm

Congregation Machzikei Hadas, 2310 Virginia Dr.

613-521-9700, office@cmhottawa.com

Celebrate Simhat Torah with singing, dancing, food, and laughs. \$10/Person | \$5/child ages 6-12

MONDAY, OCTOBER 16

"A Mercedes in the Sand" Book Launch

7:30 - 10 pm

Library and Archives Canada, 395 Wellington

Contact: Jane Gordon, 613-721-0615

gordonjm@rogers.com

Reception to follow.

WEDNESDAY, OCTOBER 18

"Crossfire" an Interfaith Event

7 - 9 pm

Congregation Machzikei Hadas, 2310 Virginia Drive

613-521-9700

office@cmhottawa.com

An evening of tough questions and illuminating answers

Brian Butcher, Imam Sikander Hashmi and Rabbi Idan

Scher.

MONDAY, OCTOBER 23

Ottoman Empire and its impact on Modern Turkey

A lecture by Henry Habib

7 - 8:30 pm

613-798-9818 ext. 243

Contact: Ella Dagan

edagan@jccottawa.com

Cost: \$10

THURSDAY, OCTOBER 26

Shabbat Project 2017: Women's Challah Bake

7 - 9 pm

Contact: Natalie Abenhaim

nabenhaim@jewishottawa.com

<https://goo.gl/NSxV2N>

Cost: \$18. Join us for an evening of inspiration and fun!

SUNDAY, OCTOBER 29

The Auxiliary of Hillel Lodge Tea

2 - 4 pm

Hillel Lodge, 10 Nadolny Sachs Private

Contact: Corinne Taylor

613-820-1136

crothmantaylor@gmail.com

The Auxiliary of Hillel Lodge Tea for residents and guests.

Kehillat Beth Israel Annual General Meeting and Guest Lecture

4:30 - 8:30 pm

Kehillat Beth Israel, 1400 Coldrey Ave.

Contact: Deborah Zuker

rabbizuker@kehilatbethisrael.com

Guest Lecture by Terry Glavin.

CANDLE LIGHTING BEFORE

OCTOBER 13	6:03 PM	NOVEMBER 3	2:29 PM
OCTOBER 20	5:50 PM	NOVEMBER 10	4:20 PM
OCTOBER 27	5:39 PM		

BULLETIN DEADLINES

WEDNESDAY, OCTOBER 4	FOR OCTOBER 30
WEDNESDAY, OCTOBER 25	FOR NOVEMBER 13
WEDNESDAY, NOVEMBER 8	FOR NOVEMBER 27

* 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:

Ruth Barnett, New York
(mother of Judi Hoffman)

Rabbi Sholom Brodt, Jerusalem
(father of Mordechai Brodt)

Lois Doctor

Ian Doull

Mark Dunsiger

Belle Greenspoon, Toronto
(mother of Francie Greenspoon)

Magdolna Hercz, Toronto
(mother of Lawrence Hercz)

Sheila Koffman

Daniel Monson

Edith Monson

Bella (Bayla) Nudel, Montreal
(mother of Roslyn Nudell)

Jonah Daniel Poplove

Edward Susser

David Waxman, Montreal
(father of Debra Schneiderman)

*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.*



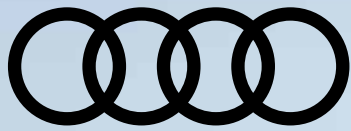
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