



## B'nai Brith sports dinner

Sports legends and fans mingle **P10**

## Riding away stigma

Danielle Berman takes on the challenge of her life **P18**



# Hamilton Jewish News

THE JEWISH VOICE OF HAMILTON

APRIL 2014 VOL 28:4/ NISAN 5774

AGREEMENT #40007180



Benny Pekar's smiling face says it all. His dad, Arie, has a new kidney. Photo by Joy Pekar

## The wait is over

Darren Kudlats gives the gift of life

by JOY PEKAR, Special to the Hamilton Jewish News

I am so thrilled to be able to share this story with you of the greatest Mitzvah, the gift of life. On February 20th my husband, Arie Pekar's life was forever changed thanks to the generosity of good friend Darren Kudlats, who donated a kidney to Arie. Both men underwent surgery at St. Michael's hospital in Toronto on the same day: Darren to have his kidney removed, and Arie to receive a kidney transplant. Both surgeries went extremely well. Darren's kidney started working in Arie right away. Three days after surgery Darren was discharged from the hospital and 5 days after surgery Arie went home. Both were still sore but doing extremely well.

For Arie, renewed health is an understatement. The energy he has is greater than even his teenage years. And his blood work looks as good as it did back then too. Before the transplant he was always tired, so much so that he had difficulty focusing on simple tasks. He had no appetite and was itchy all the time. Dialysis treatments were long, frequent and incredibly draining. He had restrictions on what he could do (no swimming or showers), what he could eat and how much he could drink. Dialysis kept him alive as he waited for a transplant but the treatments are simply not anywhere near as effective as even one healthy kidney.

cont'd on page 6

# חג שמחה!

*Wishing you and your loved ones*

## *Happy Passover*

*The Board and Staff of the Hamilton Jewish Federation*

## People of the book

THE NUMBER OF BOOK CLUBS WITHIN OUR RELATIVELY SMALL JEWISH COMMUNITY IS SURPRISINGLY HIGH



Back row (l to r): Sandi Seigel, Nancy Sher, Simone Rotstein, Ruth Morris, Dora Fischer, Gilda Ennis, Doris Shulman, Hope Kamin. Front row (l to r): Ronit Gafni, Dena Honig, Yael Greenberg Livingston, Sara Mendelson. (Absent: Susan Roth) Photo by Wendy Schneider

by WENDY SCHNEIDER, the Hamilton Jewish News

They call us the people of the book, and if a relatively small Jewish community like ours can lay claim to seven book clubs (there may be more), the name seems fitting. Setting out to research this article, there was an expectation of finding three, maybe four clubs. But almost every couple of weeks after embarking on this story, the existence of another club would be revealed.

After all the conversations and all the photo shoots the following can be said: Each book club, being the sum of its individual members, is unique. As such, each club has its own flavour and, in the spirit of that notion, the HJN has taken the liberty of bestowing a name on each club for easy identification (and good fun.) Please note that the HJN is solely responsible for coming up with these

names.

Constraints of time and other variables meant that not every club is represented equally. The intent was to provide a snapshot of the many and varied groups of people in the community who love to read and love to discuss what they read. We think we succeeded and we hope you enjoy.

Story on page 16 and 17



## Passover Jeopardy

Find out how to spice up your family seder

P6

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**PRESIDENT'S MESSAGE**

**CARL DE LEON, PRESIDENT,**  
HAMILTON JEWISH FEDERATION



By the time you read this, we will be coming out of what's been described as the coldest winter in our area in more than 25 years. But the opportunity to attend many of the events that have taken place in our vibrant community over the last several months, has made it easy to keep me in a positive frame of mind.

It's been especially encouraging to note the extensive cooperation among multiple institutions and the way in which both volunteers and professional staff cooperate with each other in the planning and execution of a myriad of events and activities.

Community professionals are not isolated elements of the institutions for which they work. They are, in fact, an important interactive part of the tapestry that defines our community as a whole. As most of you are probably now aware, we may be losing one of the leading professionals in our community in the person of Rabbi Daniel Selsberg. Rabbi Selsberg has become an integral part of that communal tapestry. He is not simply the hub and spiritual leader of the Beth Jacob Synagogue, although that would be enough. He and his family have built relationships with their peers in other congregations and institutions in our Jewish community. These relationships have certainly played a key role in enhancing cohesion in our community. As such, we will all feel their loss to our community. It will also be up to all of us to welcome and integrate his successor to our community, if and when that time arrives.

True to his role as a leader in our community, Rabbi Selsberg took the time in his letter announcing his intention to seek another home to emphasize that his family's need in this regard did not reflect negatively on his congregation or the institutions in our Jewish community. Rather, they have specific needs for the future of their family that the broader Hamilton infrastructure is not positioned to meet. I would like to express my personal thanks to Rabbi Selsberg and his family for being leaders and builders in our community. They will be missed.

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**IMAGINE MEETING YOU HERE!**

It wasn't planned that way, but Andrea Zians's trip to Israel last January to visit her daughter and niece who are studying there, happened to coincide with Prime Minister Stephen Harper's trip to the country. "We had heard that Prime Minister Harper and David Sweet (MP) were going to be in Israel at the same time," she wrote in an email to the HJN, "and we really wanted to see them both." On a walk through downtown Jerusalem, they met a delegate from the PM's delegation. "He told us that Prime Minister Harper was going to be at the Kotel with his delegation. We waited two hours at the Kotel, and were able to see the prime minister put a note in the wall and say a prayer." After the ceremony they waited around until they caught sight of Sweet. "We called out to him and he was very happy to see us," she said. The photo they took (Above, from l to r: Andrea Zians, Ayalah Goldreich, MP David Sweet and Tzippy Zians) "was a great end to our trip."

**Hamilton Jewish News**

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**PUBLISHER**  
Hamilton Jewish News Inc.

**EDITOR**  
Wendy Schneider  
wschneider@jewishhamilton.org

**TELEPHONE**  
905-628-0058

**FAX**  
905-627-7099

**HAMILTON JEWISH FEDERATION**  
PRESIDENT  
Carl De Leon

**IMMEDIATE PAST PRESIDENT**  
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**HOLD THE DATE**  
Hamilton Jewish Federation  
**Annual General Meeting**

Thursday, May 29, 2014  
Temple Anshe Sholom

Celebrate Shem Tov Awardees  
Learn survey results



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## Forum offers support for special needs families



SNAP committee member, Joy Zians, (left) in discussion with Sharona Kent. Photo by Wendy Schneider

On Sunday, March 23rd, the Hamilton Jewish Federation in conjunction with Beth Tikvah and other agencies in Jewish Hamilton, initiated its Special Needs Action Project (SNAP). Approximately 35 people gathered to learn and network with other families. The program, that featured presentations on topics such as how to get services for their children or provide for their long-term financial needs, was designed to be the first step in creating a sustainable initiative that organizers hope will lend a helping hand to special needs families.

The SNAP program evolved from one family's request that Federation address the issue of the financial

burden associated with providing a Jewish education to children with special needs.

Federation thanks those whose efforts made the program a great success, including Rina Rodak, Frank Simkevitz, Joy Zians, Nili Golan, Marilyn Levy, Marie McKeary, Sandra Morris, Yael Reznick Demarco, Michele Schneider and speakers, Ron Malis, Gail Devlin, Leanne Mi-one, Jan Burke-Gaffney and Michael McHugh.

We welcome more participation in the ongoing planning of this initiative. If you'd like to be involved, please call Barb Babij at 905-648-0605, ext. 305, or emailing bbabij@jewishhamilton.org.

## Are we worthy?

Federation survey generates valuable discussion

by BARB BABIJ, CEO Hamilton Jewish Federation

In the last issue of the Hamilton Jewish News, I shared my intent to reach out to everyone in the community with a very short survey. The survey asked: "If you were talking to friends, colleagues or community members, on a scale of one to 10, how worthy of their support would Federation be? I also promised to share the results of that survey periodically with the community. I've emailed approximately 300 surveys so far, and plan to connect at least by email with everyone in our database. I am pleased to report that with an approximately 13 per cent response rate our average is about 7.3 out of 10. Most of the responses were either very high or very low; few were neutral.

I was intrigued by the diversity and range of comments, such as the following small sampling of the responses received.

*"I just wish that we could all look at each other's perspectives on how to live as a Jew..."*

*"I view Federation as sort of the Jewish community's 'municipal government'. That is, it provides services to the community collectively, which would normally be overlooked or unfunded."*

*"I think for the most part many people are not invested in the Federation as an organization... Unless you are on the inside you probably are not aware of how much work and effort has been devoted to make this organization run..."*

I have had the pleasure of following up in person with a number of folks. Our conversations have been wide-ranging,



touching on topics such as the role our synagogues play in Jewish life, how best to fund Jewish education, and the long-term influence of informal Jewish experiences (such as summer camp and synagogue youth groups).

While there are no definitive patterns from the data yet, the level of engagement has been encouraging. I'm very interested in having these kinds of meaningful conversations with more of you. Federation serves this community and your views and feedback are important; they will inform our decision making and ultimately help shape our direction for the future.

Community building is difficult and sometimes messy work; with your help we will build a stronger, more sustainable Jewish Hamilton. My thanks to all those who responded. If you would like to be part of the ongoing conversation I can be reached at bbabij@jewishhamilton.org, or call me at 905-648-0605, ext. 305.

### PJ LIBRARY

A gift for Jewish children and their families



Thanks to the generosity of the Shirley and Morris Waxman Family, Hamilton's Lion of Judah Division, the Hamilton Jewish Federation along with the Harold Grinspoon Foundation, more than 2,300 books and CDs have been delivered to families in Hamilton since April 2012. To join the waiting list, please visit [pjlibrary.org](http://pjlibrary.org) under Hamilton-Wentworth. We welcome you to submit a photo of your child with his or her favorite PJ Library book and a personal testimony that will be printed in the Hamilton Jewish News to Elaine at [elevine@jewishhamilton.org](mailto:elevine@jewishhamilton.org).

### MITZVAH HEROINE



Kol HaKavod to Hamilton Hebrew Academy Grade 1 student, Ma'ayan Kirat, for raising \$510 for cancer research over the past month with various fundraising initiatives. It took a year for Kirat to grow her hair to the appropriate length, until last February when she had nine inches of her hair cut in front of her school to donate to Pantene's Beautiful Lengths program. The program provides free, real-hair wigs for women with cancer. Pictured left: Kirat with Canadian Cancer Society representative Linda Wu. Photo courtesy of Rachell Kirat

### HJN DEADLINES

SPRING/SUMMER ISSUE

- Deadline for booking ad space April 17, 2013
- Deadline for receiving editorial copy May 8, 2013
- Deadline for receiving ad copy May 17, 2013
- Estimated date of arrival June 13, 2013



Above: Students from McMaster Hillel and Israel on Campus responded to Israel Apartheid Week on campus by setting up an Israel Peace Week booth in the McMaster University Student Centre. Photo by Wendy Schneider

## JEWISH STUDENT LIFE AT MAC

Jewish life at McMaster is thriving, according to Raphael Szajnfarder, director of McMaster Hillel. "Our numbers are up across the board, from Shabbat dinners to bagel lunches, to continuing Jewish education programming and advocacy." Most importantly, he said, there is "an extremely welcoming, pluralistic and strong Jewish community on campus." The McMaster Hillel office, located in the Commons Building B103, is long overdue for a major spruce up, said Szajnfarder, and students have expressed interest in improving their space on campus. McMaster Hillel would be grateful for donations from the community, including, but not limited to couches, coffee tables, a workstation desk, a fridge, paint (as well as paint accessories) and specific expertise. If you are able to help, or would simply like to chat, please email [raphael.szajnfarder@gmail.com](mailto:raphael.szajnfarder@gmail.com).



An Asper graduation ceremony from years past

HJN archives

## All welcome at Asper Human Rights and Holocaust Studies Program graduation ceremony

The community is invited to attend the Asper Program graduation ceremony on Sunday, June 1 at Temple Anshe Sholom at 7 p.m. Students from diverse groups will share personal testimony about what brought them to take part in this educational journey and the take-away lessons they have learned. A delegation of over 100 will travel to Washington, D.C. on May 11 to visit the United States Holocaust Memorial Museum and other sites. Prior to the trip students are required to attend education sessions, complete more than 20 hours of study devoted to human rights and the Holocaust and perform 16 hours of community service. Since 2001, more than 400 participants have taken part in the program, which is administered by the Hamilton Jewish Federation Holocaust Education Committee. For more information email [elevine@jewishhamilton.org](mailto:elevine@jewishhamilton.org) or call 905-627-9922, ext 24.

## Needs remain unmet

by YVES APEL  
Community Campaign Chair

When my non-Jewish friends ask me why I volunteer for our Community Campaign, I do my best to articulate that Jews are obligated to be responsible for taking care of each other, no matter the circumstances, and that the level of financial assistance required in Jewish Hamilton is especially high today.

The fact is, this community's greatest blessing – a wide-ranging communal infrastructure that includes synagogues, Jewish schools, a Jewish Social Services and a JCC, among others – presents its greatest challenge: an enormous financial burden that each individual institution is struggling to carry.

As chair of both the Campaign Cabinet and Federation's Budget and Allocations Committee, I see how representatives from our beneficiary agencies are struggling to bridge the gap between the funds they require to operate, and what revenue has come in from the Campaign.

To put it simply, the needs are growing at the same time that our donor base is shrinking, and the number of major donors, on whom we have relied to carry us through, is down considerably.

If our institutions are to thrive, there needs to be greater participation of donors at all levels.

### How have we done so far?

Our Campaign goal was to raise \$1.2 million, to attract new canvassers, to broaden our donor base and to lay the groundwork for next year's second-stage campaign goal of raising \$1.4 million. How have we done so far? There are still a number of people we haven't been able to reach. If they step up and make a commitment, we will reach our goal and, for the first time in a number of years, be able to raise our allocation levels.

### The good news

The Campaign received a tremendous boost from the matching grant offered by the Cohen-Yanover family, that encouraged many donors to increase their gifts – some dramatically. We were gratified to see a number of new volunteers join our canvassing team. I also want to acknowledge Federation staff members for co-ordinating the Campaign and promoting responsible giving with such limited resources.

Finally, I would like to thank each person who donated and made a pledge this year. Please remember that our present and future rely on you. Have a Happy and Kosher Passover!

HONORING:

Sandra & Irwin Fuss      Brian & Nancy Somer

SPECIAL ALUMNI AWARDS TO BE ANNOUNCED

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## The wait is over

cont'd from page 1

Darren says it's amazing to see Arie doing so well, so full of energy. Though Arie didn't look sick prior to the transplant, those who know him best see a huge difference. He is like a new man. Our son Benny, born just days after Arie started dialysis, was eight months old at the time of the surgery. Though he spent much of his early days in hospitals and around the dialysis machine, all of that is now behind him. He will grow up to know a healthy father who can do all the things with him that he would like.

Arie is looking forward to taking Benny swimming, camping, hiking, skiing, boating and cycling. Nothing is going to slow them down... except perhaps Benny's naptime.

Both Arie and Darren are business owners who worked hard to ensure minimal impact to their clients and customers during the surgery and recovery time. Darren, who owns Valley Ridge Carpentry, asked for the surgery to take place over the winter so that he would be feeling better for his busiest construction season over the spring and summer. He's all ready to do quotes and fulfill requests. Arie's business, Inforce Security, experienced no interruption to services thanks to the help of his brother and Project Manager Josh Pekar, and his father and sales manager Morty Pekar. Customers did not notice Arie's short break, and only knew of Arie's surgery

because he shared the happy news with them.

Our family would like to thank the many people who helped and supported us through this journey. Of course, Darren, there is just no thank you that is big enough. His gift has truly changed all of our lives in immeasurable ways. Thank you to Darren's family who supported him in his decision to donate — we can't imagine how difficult it is to know your loved one will go through hardship for such a selfless reason. Thank you to the staff at St. Michael's hospital in Toronto, doctors, nurses, transplant coordinator, everyone — their care for Arie, Darren and our families was skilled and compassionate. Thank you to John Anhang from Life-Renewal who offered support both emotionally and financially to Darren and his family. To friends, family, neighbours and well-wishers who prayed, called, emailed and more to send love and support throughout the process.

We continue to maintain a facebook page [www.facebook.com/MomAndMeNeedAKidney](http://www.facebook.com/MomAndMeNeedAKidney) to update friends, family and well wishers on Arie's story, to raise awareness on organ donation, and to hopefully one day find a donor for Arie's mother, Ilana Pekar, who has been waiting for a transplant while on dialysis over 20 years.

## Federation's Portraits in Giving

For Darren Kudlats, giving up his kidney to a friend in need was a no-brainer

LIVING



BY WENDY SCHNEIDER, the Hamilton Jewish News

# GENEROUSLY

portraits in giving

A series that offers a glimpse into the generous habits of Jewish Hamiltonians, who, in their own words, explain why they give. In doing so they open our eyes wide to what people and organizations in our community might become. To what we might become.

First impressions are often lasting ones. With Darren Kudlats, it was this: He is an unassuming, exceedingly modest man of few words with a smile that is so bright, it feels that it could light up the world. They say that the eyes are a window into one's soul. Kudlats's eyes, which teared up with emotion frequently during an interview that took place just two weeks after he donated his kidney to his good friend, Arie Pekar, made words seem redundant. They revealed the truth behind Kudlats's gesture: There was not a lot of soul-searching or a personal philosophy behind his decision. It was simply an act of friendship.

### How it happened

Kudlats has been good friends with Arie and Joy Pekar for about 10 years. On first learning that Pekar needed a kidney two years ago, it didn't occur to Kudlats to step forward. At that time, Pekar's brother was being tested as a possible match, as well as other family members. Disappointing results led to the Pekar's decision to go public with their story about a year ago. Stories in various media publications. A Facebook page. Kudlats, of course, followed Arie's deteriorating health closely. And then one day it occurred to him: He would get tested. He had no idea what his blood type was at that point or what the chances of him being a suitable match. But he was willing to try. During his frequent trips to St. Michael's Hospital in Toronto, the Pekar's were at his side. And they were at this side when one of the renal transplant coordinators confirmed the news. Kudlats and Pekar were a perfect match. Better than brothers, even.

Donating a kidney has to be a personal choice ... It just feels good to help someone out.

### The day of the surgery

Kudlats remembers almost nothing about the first day post-surgery. But Joy Pekar does. His first words to her when she came into his room were, "How's Arie?" She tried to find the words to thank him, but he just said, "no problem." "I couldn't believe how gracious he was about the whole thing," she said, "making it seem like no big deal, at a moment where it clearly was a big deal."

### Save a life, save the world

There's a famous quote from the Talmud that asks why the human race was created from a single human being, as opposed to creating many people at once. The answer given was that we are meant to look at each individual as if he or she was the entire population of the world. Therefore, when you save one life, it is as if you have saved the entire world.

Kudlats clearly feels uncomfortable when asked how it feels to have saved someone's life?

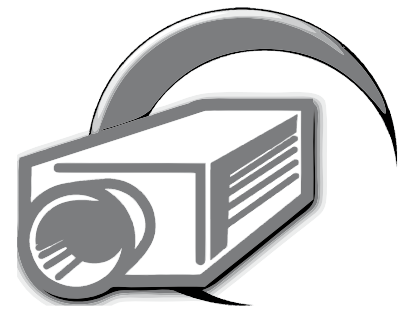
"I never really thought of it as saving a life," he said. "We've been good friends, and he's helped me out so I do what I can. I'll do things for friends."

Neither is he interested in talking about spirituality or the notion that the way things worked out was somehow meant to happen that way.

"I know there are things you can't explain," he said, "but I don't have the answer to that."

Kudlats does concede that he's feeling pretty good about himself these days.

"I guess I'm a little happier, knowing that Arie is doing so well. I'd still do the same thing over again."



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Service Awards for Geriatric Excellence

**Shalom Village Maintenance Team nominated for SAGE Award!**

Nomination is a reflection of their extraordinary connection with our residents

When you hear the words "Geriatric Excellence", you don't usually think of men with tools. Yet our maintenance team at Shalom Village have broken free of the stereotypes to become an integral part of the daily lives of our residents.

Rob Black, Paul Crevier, and Alfredo De la Torre make up the Shalom Village Maintenance Team. Their efforts have been recognized with a nomination for a 2014 Service Award for Geriatric Excellence (SAGE).

**Strong connection with residents**  
What sets this team apart is their strong connection with our residents. They can often be found helping residents with repairs of personal items, or setting up their televisions and other devices. They listen respectfully to every complaint of "too hot" or "too cold". They enjoy spending time with our residents, and are never too busy to listen.

**Woodshop**  
Paul Crevier runs a very popular program in our woodshop.

"Paul's woodshop classes are so popular that residents don't want to leave when they are over," says Brigitte Bonas, who leads our activities team. "He goes out of his way to come up with special projects suited to individual interests and abilities. For many residents, the woodshop

program is the highlight of their week."

**Boys Club**  
A group of our male residents go out for monthly "Boys Club" lunches at local restaurants. A member of the maintenance team often joins them – on their own time – and the residents very much enjoy their company.

**Diverse skillset**  
Providing maintenance services to a large facility like Shalom Village requires a diverse skillset and superior problem-solving skills. Much of the work performed by this dynamic team goes on behind the scenes, and is easy to overlook. They are on-call 24/7, and often come in on short notice when emergencies arise, or during bad weather to make sure our property is safe for our residents, staff and visitors.

**Leadership and dedication**  
They are committed to managing our facility in an environmentally friendly manner, ensuring the safety of our residents and staff, and the word "no" is not in their vocabulary. Whether it means coming early, staying late, or working on their weekends, they have proven that they can always be counted on.

"It is this type of leadership and dedication that allows me to sleep at night," says Shalom Village CEO Jeanette O'Leary. The SAGE Awards formally recognize the



Rob Black, Paul Crevier, and Alfredo De la Torre have been nominated for a Service Award for Geriatric Excellence (SAGE)

outstanding achievements of individuals and organizations who demonstrate excellence by positively influencing the quality of life of seniors, and to highlight geriatrics as a critical area of health care. This unique program draws nominations

from a wide area, including Hamilton, Brant, Haldimand/Norfolk, Halton, Niagara, Waterloo, and Wellington/Dufferin.

Winners of this year's SAGE Awards will be announced at a gala celebration at the Burlington Convention Centre on April 25th.

**Thank you**

Grateful thanks to the families of David Magder, Anna Szpirglas, Rose Halpren, Morley Diskin, Dr. Ross Finlayson, and Lily Silverstein for requesting donations to Shalom Village in lieu of flowers.

Memorial donations support the Possibilities Fund at Shalom Village, making many special programs and services possible for our residents.

**Qualifications:**

- All participants must be at least 18 years of age.
- Must be able to communicate clearly in English or French. Other language skills are considered an asset.
- Volunteers will be expected to travel within the community to do patient home visits therefore must have reliable transportation (e.g. personal or public transit). A valid driver's license and access to a vehicle is an asset.

**Interested?**

Please contact Katharine May at 905-529-1613 ext. 308, or email [katharine.may@shalomvillage.ca](mailto:katharine.may@shalomvillage.ca), if you are interested in participating in this exciting project.

**Chai Club**

Welcome, and thank you to our newest Chai Club members who responded to the monthly giving pledge card in our latest Possibility Report.

**Learn more!**

If you would like to know more about this convenient way to help our residents email [foundation@shalomvillage.ca](mailto:foundation@shalomvillage.ca) or call Kathleen at 905-529-1613 ext. 264.



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E: [info@shalomvillage.ca](mailto:info@shalomvillage.ca)



**TAPESTRY project looking for a few good volunteers**

Shalom Village is partnering with physicians from the McMaster Family Practice Unit in a project to develop a team of specially trained volunteers to provide a vital link in the healthcare system.

**Healthy at home**  
TAPESTRY (Teams Advancing Patient Experiences: Strengthening Quality) is a Health Canada funded project that aims to help older adults stay healthy at home, functioning independently, for as long as possible.

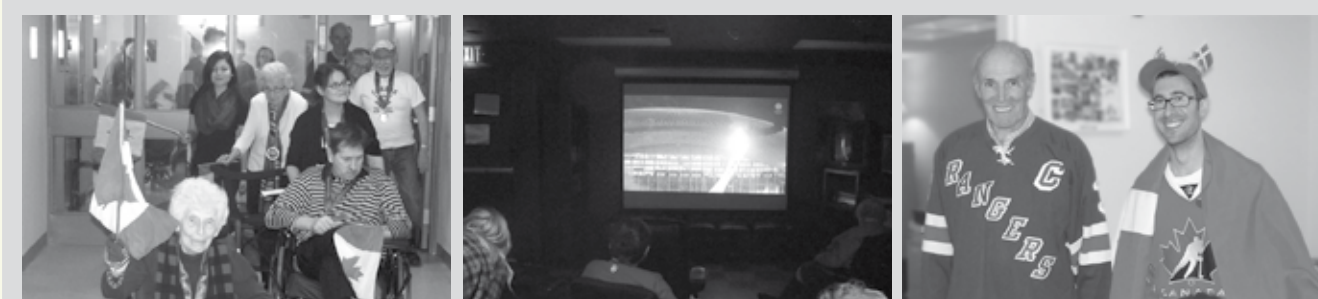
**Help patients navigate**  
McMaster Family Practice physicians Doug Oliver, Cathy Risdon and Gina Agarwal are taking on leadership roles in this project, which will see trained primary health care volunteers use innovative

tools to help patients and their families navigate the healthcare system.

**Trained Volunteers**  
Volunteers will be trained for the project. They are not expected to provide health care, but will act as a link between patients and their healthcare team. They will travel in pairs to patients' homes to gather information, help them identify goals, and provide a social connection. They will be supported by a Volunteer Coordinator.

**Time Commitment**  
Volunteers are asked to commit to a minimum of 1 visit per month and are expected to attend all training sessions to receive certification as a trained Community Volunteer.

**Celebrating the Olympic spirit at Shalom**



Shalom Village staff and residents celebrated the opening of the Winter Olympics in Sochi with a parade (photo at left). In the centre photo they gathered in the Classic Theatre to watch the opening ceremonies. At right, NHL legend and hockey hall-of-famer Harry Howell, who comes to our day program at Goldie's Place, donned his Rangers jersey for the parade.

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**Making possibilities possible**

ISRAEL-DIASPORA RELATIONS

**Early signs of a paradigm shift?**



Alan Fein Photo by Jason Leizer

Avigdor Lieberman, Israel's Minister of Foreign Affairs, recently gave a speech to the Conference of Presidents of Major American Jewish Organizations. In it, he laid out an intriguing idea to address the drastic decline in the number of Diaspora Jews who maintain involvement in their Jewish communities and feel connected to Israel. He quotes from the Pew survey on American Jewry, which found that only 43 per cent of American Jews identified that caring about Israel is an 'essential' part of being Jewish. The survey also found drastic differences between older and younger Jews, with 32 per cent of individuals under 30 believing that Israel and being Jewish are essentially connected. This, Lieberman concludes, is a "demographic catastrophe", and a trend apparent in even our own Jewish community, that has seen reductions in synagogue memberships, JCC memberships, and the leveling off of Federation campaign donations.

To try to stem this downward trend in Jewish connection, Lieberman proposes to reinvest money from Israel's budget to fund Jewish education programs in the Diaspora, with the intention to invest

\$700 million dollars (\$365 million from Israel to be matched with \$365 million from Jewish Diaspora organizations). Specifically, he wants to increase the proportion of non-Orthodox Jewish children attending day school, thinking that if Jewish education is deemed to be "better than" public schools (or other private schools), as well as not being cost prohibitive, then more than just a few percent of non-Orthodox Jewish children will attend those schools. He further believes that by having Jewish children receive a Jewish day school education they will be more likely to be connected to both their own Jewish communities as well as Israel in the future.

I disagree with his assumption that a Jewish day school education is the best way to engage with Jewish children because just investing in day schools doesn't change the overall environment enough to enact large-scale change. I believe change will only occur when the influences of families, governments, pop culture, and a whole litany of variables that contribute to how we behave, are addressed. Perhaps we, as Jewish communities, need to recognize that things have changed and there is no going backwards in time. However, I admire his innovative approach to have Israel realize that Jewish communities are struggling financially to support all aspects of being Jewish. While understanding that Israel as a state may never be completely secure, the fact that it is in a position to give back to the Jewish communities that helped to build it over the past 60 years, will be welcomed throughout the diaspora.

At some point in time it may come to be that a vast majority of Jews live in Israel. If that is the case, and if we as a community wish to continue to survive outside of Israel, then I think having their financial support for our own communities may be an essential part of funding our own futures.

The entire speech can be read online at: <http://feduja.org/dots/liebermanSpeech.html>

Alan Fein is a research coordinator in the Collaboratory for Research on Urban Neighbourhoods, Community Health and Housing at McMaster University. He currently sits on the board of the Hamilton Jewish Federation.

URBAN RENEWAL

**A tale of two cities**



Paul Weinberg Photo by Cathy McPherson

Since moving to Hamilton from Toronto last spring I have become interested in how the two cities under took separate directions in the late '60s and early '70s.

Put simply, downtown Toronto residents with the support of an Ontario premier, Bill Davis pushed back municipal plans to plough a north-south expressway through established neighbourhoods in the city's core.

However Hamilton residents had no such luck when municipal authorities undertook to expropriate local homes and stores as part of a similar municipal plan to widen what was then York Street as part of an urban renewal process that favoured traffic over people. Critics including Toronto's Colin Vaughan (the head of the Stop Spadina Expressway movement and later an elected city councillor in the old city of Toronto), were correctly worried about the destruction of a distinct neighbourhood that included Jewish and Italian merchants. Here in our city, opponents of the York scheme also appealed to the Ontario provincial cabinet but in

this case they were turned down.

I don't know enough about Hamilton history to understand why the York Street widening and expropriation proceeded as planned, except that they appeared to be part of a series of ill-conceived schemes at City Hall to replace the historical downtown with bland architecture, one-way multi-lane thoroughfares and the Jackson Square mall.

The Jewish angle to this story is what prompted me to pursue this further, after reading a December 2012 article by Steve Arnold in the Hamilton Jewish News. Here, he wrote rather movingly about the disappearance of delis and other family-run Jewish stores in the downtown core.

One could say that Hamilton was a victim of a pre-Jane Jacobs, North American mania of urban renewal that viewed the accommodation of the automobile as a priority over vital street life. Some critics worry that Hamilton, with its attachment to one-way streets, may still be locked in that mindset.

Here is a little background on myself. I do some journalism and also write commissioned privately published memoirs for a fee. Currently, I am also looking for people who were alive then and can talk about their memories of Jewish merchants who had stores on York and other parts of downtown before the drastic urban changes happened. To reach me you can email [paulweinberg@bell.net](mailto:paulweinberg@bell.net).

Paul Weinberg is a veteran freelance writer. He recently moved from Toronto to Hamilton.

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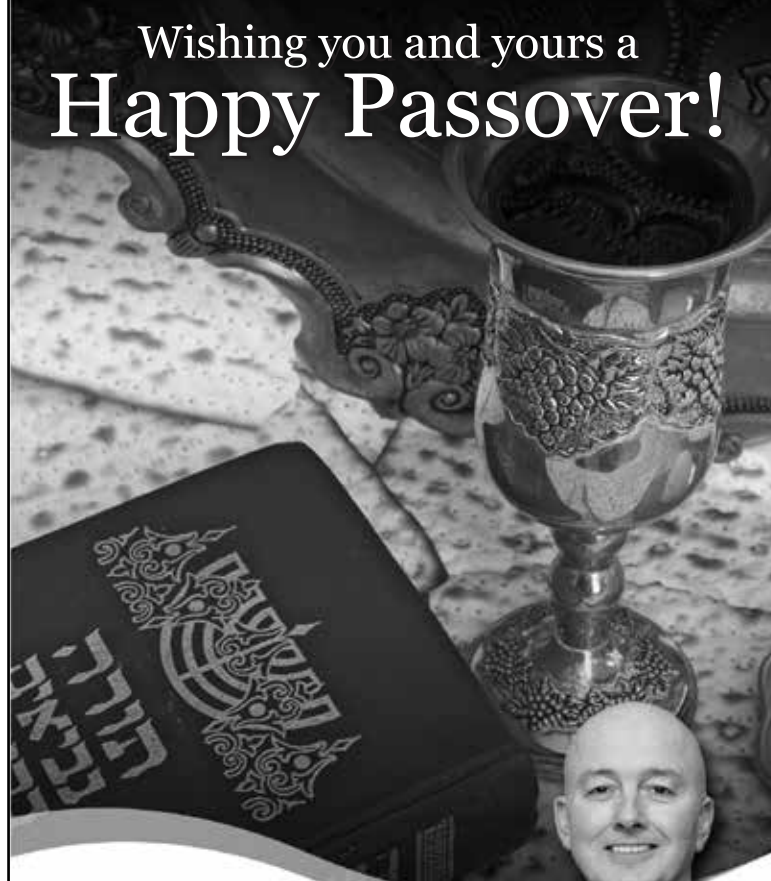
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## B'nai Brith sports dinner highlights

CYRUS DAYA

Sports legends, corporate leaders and throngs of local sports fanatics converged on the Hamilton Convention Centre last month for the 63rd annual B'nai Brith Hamilton Sports Celebrity Dinner. The event, presented by Investors Group and chaired by Brent Clifford and Hamilton's 2013 Citizen of the Year, Jeff Paikin, has raised more than two million dollars in its illustrious history for numerous local and national charitable organizations.

Past honorees at the prestigious dinner read like a who's who in sports lore — legendary figures such as Pete Rose, Pat Riley, Lou Holtz, Kareem Abdul-Jabbar, Jessie Owens and Jackie Robinson have graced this event with their presence and candor over the years.

As in recent years past, longtime Toronto Maple Leafs announcer, Jim Ralph, served as master of ceremonies, and helped honour this year's panel of sports celebrities which included NHL icon Gary Roberts, Toronto Blue Jay great Jesse Barfield, Brian Bulcke of the Hamilton Tiger Cats, Hockey Hall of Fame inductee Geraldine Heaney, along with NHL great, and Hamilton's own, Steve Staios.

The gala also provided the opportunity for the local athletic and business communities to commemorate and celebrate those student-athletes who have excelled at their respective sports while exemplifying qualities and characteristics that have a powerful and profound impact on their schools and communities.

"This event has always held a special place in my heart and the city's as well," said Paikin. "Having the



Maccabiah gold medal hockey player Max Ballinson and Olympic gold medalist Geraldine Heaney share success stories.

Photo by Donna Waxman

opportunity to honour some of our country's most accomplished athletes, while raising much needed money for worthwhile charities that strive to make a difference in our community, is something we can all take pride in."

Plans are already under way for next year's dinner which will be held on January 26, 2015. Stay tuned for more details.



Getting ready for the Tri-Try-Athlon: Temple educator Laura Wolfson with students, Leah and Shayla

Photo by Jason Leizer

## THE TRI-TRY-A-THALON

LAURA WOLFSON

It was our first Tri-Try Athlon-Tzedakathon! Born of a coffee date with Rina Rodak (chair of Kehila's board) and myself (Temple Educator), the idea expanded when we brought Milena Romalis (principal of Beth Jacob's Hebrew School) into the conversation, and then again when Geoff Zalter (leader of JCC's Mitzvah Mission Youth Organization - MMYO) joined the conversation.

"Tri" means children from three Jewish schools participated. "Try" means everyone who tries is a winner. "Athlon" means it was really fun! "Tzedakathon" means all our participants got to experience the process of Jewish community tzedakah allocations... a good way for them to learn what it means to be a community, and better because we did it all together.

First, kids were put in mixed groups so that they would meet and get to play with children from other schools. Then, they did outdoor relay race activities, in the snow and the frigid cold weather, and gained clues along the way that would pique their interest in the organizations that were to be presented afterwards

at the tzedakathon. Once indoors, the kids heard three presentations about organizations they were being asked to support: one Israeli, one Canadian and Jewish, and one Canadian but not specifically Jewish. The presentations were made by the older students from Beth Jacob, Temple Anshe Sholom and MMYO. Kids in mixed groups then sat with their piles of loonies and an adult to discuss questions like: "Is it better to support a Jewish organization or can it be a non-Jewish organization?" "Is it better for our group to come to consensus about how to allocate our money, or should each person decide for themselves and choose their own allocation?" Then they took their loonies and dropped them in designated containers for the three organizations that had been presented. Each of our schools teaches about the important Jewish value of tzedakah, and about the organizations that fulfill the functions of our Jewish community. But working together, we taught by example that when we work together, we can make great things happen. Let's do it again next year!

## Coming full circle but doing it his way

A fateful encounter helped Ben Caplan find his unique sound

by WENDY SCHNEIDER, the Hamilton Jewish News

No matter where he happens to be in the world, with an international touring schedule that, in addition to cities across Canada, includes Australia (where he is hugely popular), Ireland or the UK's renowned Glastonbury Festival, Ben Caplan always tries to make it to his parents' home for Passover. That's where the Hamilton Jewish News caught up with him last year after catching one of his electrifying performances at a downtown Hamilton club. Caplan, whose parents, Marvin and Judi Caplan were stalwart Beth Jacob members, and who himself was president of the Hamilton chapter of United Synagogue Youth (USY), attended the Hamilton Hebrew Academy from the age of 3 until Grade 8. He counts Jewish educational icons like Beth Jacob's Rabbi Silverman and Cantor Bercovici, and the Hamilton Hebrew Academy's Rabbi Eisenstein and Rivka Shafir as early influences. Below, Caplan reflects on growing up Jewish in Hamilton and on the mysterious ways in which Jewish musical influences began to appear in his music.



Ben Caplan at his parents' home last Passover

Photo by Wendy Schneider

### When did those Jewish influences begin to find expression in your music?

When I started singing and performing, (my music) never really had Jewish elements. While it was something I loved, it was a different world for me. One of which was Judaism, and the other thing was music and they didn't really touch in my mind. But I sort of had an epiphany moment when I had a quick stopover in Antwerp while I was travelling in Europe in 2007. Playing in front of one of the large cathedrals was this sort of Balkan-style eastern European brass band. I immediately recognized the melodies as being of the same kinds of sounds as the Jewish music that I experienced growing up. It was the first time that I realized that these kinds of melodies, scales and musicality was something that had an artistic musical expression and a home within that part of my life instead of just being relegated to shul.

### How did you begin to incorporate Jewish sensibility into your songwriting?

I think that the melodies that were already present within me began to become awakened and I started writing songs using what I now understand to be the harmonic minor scale. Jews, over history, absorbed the musical traditions of the places where

they were, so klezmer uses the same melodic devices as other folk music from Eastern Europe whether it's Romanian or Balkan or any of these different styles. It would probably be more accurate to say that I'm most interested in Eastern European folk music of which klezmer is one of the rich tapestries that's part of that world. Jewish music and the liturgy were my gateway into that folk tradition.

### How does your Judaism find expression in your life and art?

The question for me is how can we be good to other people? How can we go to sleep every day and wake up every day feeling content and feeling happy. I think that insofar as Judaism helps me along that path it's useful and I like feeling connected to a long history, culture and tradition. Judaism is full of little reminders to lead a good life and rack up things that one would be proud of at the end of the day and to avoid things that one would regret, waking up the next day. It's nice to participate in the same tradition as my great-great grandfather — in my own way.

Ben Caplan will headline the Beth Jacob Speakeasy on Sunday, May 11. Doors open at 6:30 p.m. Show begins at 7:15 pm. For tickets visit <http://bencaplan.ca>.

## OBITUARY NOTICE

BUKHMANN, Alec — Surrounded by loving family, Alec Bukhman, on Thursday, February 6, 2014, at Mackenzie Health in Richmond Hill, Ontario. Beloved, loving and dedicated husband of Leah, loving and devoted father and father-in-law of Yanina Sarah and Scott DeRuyter (Cincinnati), and Lev and Heather Bukhman (Montreal). Adoring grandfather of Talia Rose Bukhman, and Jacob William Bukhman (Montreal). Dear brother and brother-in-law of Vadim and Lora Kotlyarevsky (Los Angeles) and Yuri and Larissa Shmukler, loving uncle to his niece and nephews. Having arrived in Canada from the Ukraine in 1977, Alec considered himself and his family truly blessed. A tireless, dynamic man, starting with nothing in a new country, Alec built a successful business in providing specialized financial and insurance services. He shared his knowledge freely and was a valued speaker and teacher at many insurance industry professional summits and congresses around the world. Still, Alec's greatest joys were in achieving the goals he had set for himself in creating a wonderful new life for his family in "this blessed country". He was endlessly devoted to his family, loyal to his friends, boundlessly grateful to his mentors and always, always thankful to his ancestors, especially his grandparents, who instilled in him a love of traditional Jewish values, an appreciation of hard work and deep respect of all people. Alec will be missed and remembered by family around the world and friends and colleagues on all continents. Services were held at Benjamin's Park Memorial Chapel on Sunday, February 9, 2014, at 10 a.m. Interment in the Grand Order of Israel Cemetery on Snake Road, Burlington. In lieu of flowers, donations may be made to the Alec Bukhman Memorial Fund c/o The Benjamin Foundation, 3429 Bathurst Street, Toronto, M6A 2C3, 416-780-0324, www.benjamins.ca.

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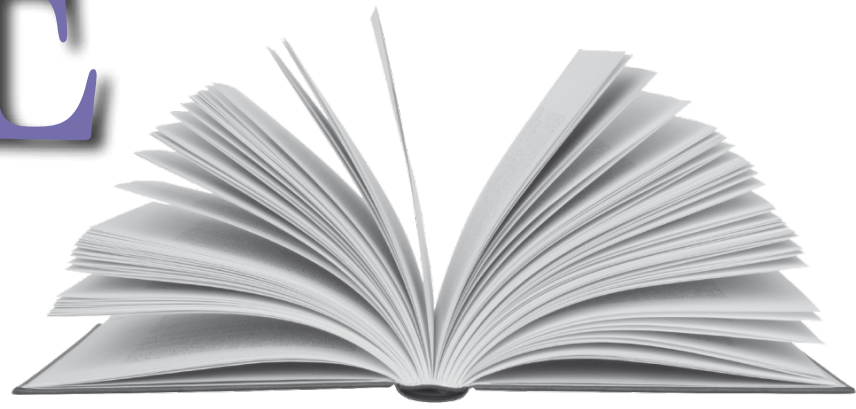
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# PEOPLE of the book



## Need to Know

### WHY PEOPLE JOIN CLUBS

- To go outside their comfort zone by reading books that don't necessarily appear on bestseller lists
- For the intellectual stimulation.
- As a personal growth opportunity: Leading a discussion can be intimidating for some and belonging to a club allows them to stretch.
- For the fun of it.

### E-READERS PROS AND CONS

- Pros:**
- Convenience of carrying several books in one small device for travel
  - Ease of loading them onto device
  - Built-in dictionary feature that allows you to highlight words and look them up without having to retrieve a dictionary
  - Can be reserved with ease through the library and downloaded. After three weeks the books "disappear."
  - Backlit for reading in the dark.

**Cons:**

- There are no page numbers, so it's hard to go back and review something you read in a previous chapter.
- There's a certain satisfaction that comes with holding a book in your hand that an e-reader can't duplicate.
- Eye strain

### USING THE LIBRARY

- Hamilton has an "absolutely wonderful" library system that allows members to go online and request books from home.
- If your local branch doesn't carry the book you want, the Hamilton Public Library will arrange to have it delivered and you will be notified by phone when it comes in.
- If there's a hard-to-get book that's not in the system, the Library will borrow it from another city.
- The Library offers book kits for local book clubs that register in their system. Each kit contains 10-12 copies of a particular book, as well as reviews, discussion questions and information about the author. There are more than 100 registered book clubs in Hamilton.

The HJN thanks Terry Bennett, Jerome Bergart, Maureen Bergart, Michele Finkelstein, Elena Goldblatt, Hinda Levine, Laura Ludwin, Heather Ritter, Carol Rossman, Simone Rotstein and Arlene Strohl for their input on this story.



ABOVE (l to r): Louise Klinghoffer, Michele Schneider, Ann Barrs, Naomi Levy, Sandi Levy, Arlene Strohl, Bonnie Loewith, Terry Bennett and Maria Hoppe. (Absent: Susan Gilbert, Susan Katz and Rhonda Kemeny) The spread on the table includes food that goes along with the book's theme. Photos by Wendy Schneider

by WENDY SCHNEIDER, the Hamilton Jewish News

## THE CULINARY ENTHUSIASTS

**History**  
Sandi Levy and Arlene Strohl started the group two-and-a-half years ago. The group now has 12 members.

**How it works**  
The group meets six times a year (excluding the summer). At the beginning of each season members decide which books will be read, based on personal recommendations (this particular criterion having been established after several books chosen based on reviews alone were deemed universally unpopular) Each member is responsible for hosting a meeting at which she also facilitates a discussion.

**What's unique?**  
Several members are either children of Holocaust survivors or teachers. Terry Bennett and Arlene Strohl speculate that may be a factor in why discussions often veer into how a book's subject matter relates to Jewish experience. Hosts try to serve food relating to the book's theme. For Kathryn Stockett's, *The Help*, Strohl served

devilled eggs and pecan pie. Bennett served blintzes, egg and tuna salad to go along with the shiva theme in Jonathan Tropper's *This Is Where I Leave You*.

**Broadened horizons**  
"I'm back to reading fiction again," said Bennett, whose reading habits prior to joining the group were focused on non-fiction relating to her work. "Sometimes when you read a book (on your own) you're left in a kind of vacuum," said Strohl. "Being part of a book club you get to see different perspectives." Bennett says it's been enlightening to get to know people in a new way, based on discovering the appeal of a particular book over another.

**Recommended titles**  
James McBride's *The Color of Water*, A Black Man's Tribute to his White Mother, M. L. Stedman's *The Light Between the Oceans*, Sue Monk Kidd's *The Invention of Wings*.

## THE LAID BACK ONES

**History**  
Michele Finkelstein reached out to her friends about four years ago to start a book club. There are 14 members, with between seven to nine regulars.

**How it works**  
Books are chosen approximately three months in advance of meetings, which take place every two months. "In the beginning people would come with titles and we slotted people in. But after a while we stopped because the hostess/facilitator often got stuck with a book she wasn't comfortable with," said Finkelstein. Now the hostess chooses the book she wants to review.

**Broadened horizons**  
Even when people might not have enjoyed a book, we all come away with a much deeper understanding after a meeting. The facilitator puts a lot of work into researching and creating questions and ideas and we all come away with a different appreciation for the book whether we liked it or didn't.

**Recommended books**  
Midnight at the Dragon Cafe by Judy Fong Bates  
"Everybody universally liked the book. We related it to Jewish people immigrating to Canada after the war."



Members of the Hamilton Book Group with guest speaker, Louis Greenspan

## THE LIFE-LONG STUDENTS

**History**  
With a 34-year history and 32 members, this is both the oldest and largest club of those surveyed. The group's official name is the Hamilton Book Group, and is made up of both Jewish and non-Jewish members.

**How it works**  
This club is unique in that, rather than choosing authors, it chooses people well-versed in literature, who its coordinator, Laura Ludwin, asks to recommend a book they'd like to speak about. Members pay a fee every year which goes towards paying speakers an honorarium. According to Ludwin, several of the people in the club belong to other groups where members present the books themselves.

**Broadened horizons**  
According to long-time member, Hinda Levine, who belongs to two book clubs, this club's choice to have speakers present on a topic on which they have a certain level of

expertise is almost always enriching. A First Nations McMaster University professor's presentation on Thomas King's *An Inconvenient Indian*, was particularly memorable. Rather than talk directly about the book, recalled Levine, the speaker was able to illuminate the First Nations experience for his audience, and in so doing, "could validate a lot of what we read." Making the same point, Ludwin pointed to a discussion another speaker led about *The Fear*, Peter Godwin's personal account about recent events in Zimbabwe. "What people find so amazing," she said, "is learning about countries they just didn't know anything about. It gives them a whole new geopolitical look at the world."

**Recommended titles**  
Anita Loos' *Gentlemen Prefer Blondes*, Edmund de Waal's *The Hare with Amber Eyes*.



(For a who's who see front page)

## THE PASSIONATE ONES

**History**  
Simone Rotstein reached out to friends nine years ago and is the official founder of the club, which has 14 members.

**How it works**  
When the process of choosing books over the years had become somewhat contentious, Rotstein devised a way to have members vote anonymously, online. People are invited to facilitate a discussion on a book from the list. She's been very pleased by the results of this new method. "People who have never led a discussion before are leading one this year, which is good."

**What's unique?**  
The host and the facilitator are two different people. If someone prefers not to facilitate, no pressure is put on her to do so.

**Broadened horizons**  
"The club has made my relationships with these women more meaningful and broadened my reading horizon. I have a better appreciation of books and what they mean to other people," said Rotstein. Others commented that sometimes discussions are more memorable than the book itself.

**Recommended titles**  
Julian Barnes's *Sense of an Ending*, Patrick DeWitt's *The Sisters Brothers*, A.B. Yehoshua's *Journey to the End of the Land*, Abraham Verghese's *Cutting for Stone*, Erik Larson's *In the Garden of Beasts*, Jeffrey Eugenides's *Middlesex* and Michael Chabon's *The Amazing Adventures of Kavalier and Clay*.

## THE INTELLECTUALS\*

**History**  
Stan Dermer and Jerome Bergart founded the club nine years ago. Bergart recalls the original idea was to gather together a group of people who were interested in discussing things of a Jewish nature, "because we were feeling at the time the shul thing wasn't doing it for us." Things ended up taking a different direction. The group originally had 10 members, who came from a wide range of professions, including "a couple of judges, psychologists and an architect." When two of their members (Sam Soifer and Mel Freedman) passed away, others were invited to join. "It started out everybody was Jewish. Now it's half and half."

**How it works**  
At the first meeting in September, (meetings take place once a month, excluding summer) "everybody comes with choices," said Bergart, "and we just whittle away at it." During its early years, people would often choose books based upon a good book review, "but then we were finding out that, so what if the New York Book Review said that it was a great book. We hated it. So we started saying, if you're going to recommend a book, you had to have read it." Everyone takes turns leading a discussion at the evening he hosts.

**What's unique?**  
"Most of the people are very well read and have a wealth of knowledge," said Bergart about his cohorts, which could be a factor in their not relying on the Internet or book review when leading discussions. The books are, more often than not, a jumping-off point for wide-ranging discussions, that are often humorous in nature. "We always go off topic but we often come back. We have a lot of fun."

**Broadened horizons**  
Bergart has the sense that everyone in the group has a deeper appreciation for reading different genres than they would have chosen left to their own devices. "(We read) a mix of fiction and non-fiction. Some (of us) were totally non-fiction people — they didn't want to read fiction and then they changed. I was the other way around." All in all, "I think for all of us it's great socially as well as just stimulating. Because these people have a lot to say. Everybody's very respectful of whoever's talking and everybody gets their two cents in if they want to."

**Recommended titles**  
David Benioff's *City of Thieves*, J.M. Coetzee's *Disgrace*, Rebecca Skloot's *The Immortal Life of Henrietta Lacks*. The group has also read several titles by Philip Roth and Primo Levi.

\* a.k.a. The Men's Group (Photo unavailable)



Back row (l to r): Nadia Rosa, Carol Rossman, Mary Louise Beecroft; Front row (l to r): Judy Schwartz, Ahuva Soifer, and Maureen Bergart. (Absent: Sandy Morris, Isobel Strub, Maureen Price, Pat Dermer, Gwenn Sherman, Miriam Davidson, Bella Muller)

## THE CREATIVE ONES

**History**  
The book club was founded almost 20 years ago by Miriam Davidson and Isobel Strub. Original members included Sandy Morris, the late Gloria Silverman, the late Eve Finkelstein, Gwenn Sherman, Ahuva Soifer and Carol Rossman.

**How it works**  
They meet once a month, from September through May. At the annual potluck in June, everyone brings a book they recommend for the following year. Long-time member, Maureen Bergart, reports that the books chosen range from fiction to non-fiction on any given theme or topic. "We always have one classic that we choose ... Jewish books seem to be included each year, as well as books by Canadians. There's a variety."

**What's unique?**  
At the final meeting of the year, they sit around and do a play reading, an idea introduced by Bergart. One of the first was Cree Canadian writer Tomson Highway's, *The Rez Sisters*. Bergart wasn't quite sure how members of the group would take to the play's

language, in which "women on a reserve swear up a storm." She needn't have worried. "Everyone," she recalls, including "the least likely individuals who could have dirty mouths were beautifully able to articulate all of the language. It was a hoot."

**Broadened horizons**  
While members of the group generally facilitate discussions, this is not always the case. Invited guests have included a local geneticist to explain elements of *The Immortal Life of Henrietta Lax* and local author Lawrence Hill who led a discussion on his novel, *The Book of Negroes*.

"That was wonderful to have a recognized celebrated author to come into our intimate group."

**Recommended titles**  
David Benioff's *City of Thieves*, Vincent Lam's *The Headmaster's Wager*, J. Eugenides *Middlesex*, Michael Chabon's *The Adventures of Kavalier and Clay*, Kafka's *The Trial*, Martin Gilbert's *Churchill and the Jews*



# Passover

## trivia

... or how making a Passover Jeopardy game helped one new husband feel like a member of the tribe

## It's all in the game

Wade Hemsworth's desire to make a personal contribution to his in-laws' seders created a new family tradition

by WADE HEMSWORTH, Special to the Hamilton Jewish News

I remember being invited to Aviva's family seder for the first time, and feeling a little intimidated. I was happy to be invited, for sure, but I was uncertain about how things would go, and even about what exactly a seder would entail. For sure, I didn't want to say or do anything by accident or omission (eat or not eat something at the wrong time, for example) that would start things off on the wrong foot. Not being Jewish, but having grown up with many Jewish friends and beloved Jewish aunts, I was well aware of what Passover was, though I did not have first-hand knowledge of a seder.

Enter the Caplans. I told Marvin about my situation and he invited me to the first seder of that year so I could get the hang of what it was like and have some stories of my own to share at the Boxers the following night. Judi, Marvin, the Caplan boys and their extended family and circle of friends explained it all in an experience that would form an important part of my Passover education that year and well beyond. They have always been generous and genial hosts, at no time more so than at Passover, and having them invite me, and later my family to their family's celebration has been very important to me on many levels.

"I wanted to make a contribution ... and learn more of the details that form the many layers of Passover."

Needless to say, that first seder did indeed give me the experience and understanding I needed to feel confident going to the Boxers seder in Toronto the next night, where I had a similar yet distinct experience, and came to appreciate the specific traditions each family has, even within the same framework. I'll admit that one thing I had not been prepared for was to be so tired!

In the second year of my Passover experience, I wanted to make a contribution of my own and to learn more of the details that form the many layers of Passover, and so I made up Out of Jeopardy, my Passover game. I took it to the Caplans and the Boxers, and each family was later interested in how the other family had done. There were many discussions and debates as we played, of course, about the answers, which I consider to be compliments in the best traditions of the holiday!

We have played it from time to time at both houses over the years since then, and the game is now browned from where a candle came too close and stained in places from wine and grape juice.

*Wade Hemsworth and Aviva Boxer and their three children live in Hamilton. The HJN thanks them for the loan of their Passover Jeopardy game, which has been recreated on the following page.*

### How to make your own Passover Jeopardy game

**Materials**  
One large bristol board, 20 to 30 index cards, tape that's not too sticky, and a marker.

**Setup**

- If you're using the questions on the facing page, you will need 35 index cards. Use five index cards for each category, numbered 100 to 500. These hide the "answers" on the board and also represent the points earned for providing the "question" to the answer.
- Divide the bristol board into five rows, by seven columns. In the top row of each column, write the name of the category. In the remaining rows, write the "answers" to the questions so that the answer fits under the index card. Lightly tape the index cards over the answers, ordered from top to bottom 100 to 500.

**To Play**

- Place the board so that all participants can see it and divide the participants into two or three groups.
- Taking turns, each group chooses a category and difficulty (the higher the number of points, the more difficult the question).
- The "answer" is written on the board. The group must ask the correct question for that answer to win points. If they cannot answer, if they ask the wrong question, or if they say the answer instead of phrasing it as a question, the next group gets to go. If they ask the correct question, they get to go again. You may want to alternate groups anyway, if one group answers too many questions.
- The game ends when all answers have been revealed. The group with the highest total is the winner, of course.

**Important Information**

- Finding the right "answers" that lead to the right questions is crucial. You can't just use "42" as an answer, since that is the answer to a lot of questions. You have to phrase the answer so that there can be only one correct question. For instance, the answer "the number you get when you multiply 6 times 7" has only one correct question, "What is 42?" or slight variations thereof.
- Second in importance is ordering the questions from easiest to hardest, so that a 500 points question is really worth more than a 100 point question. The exact level of difficulty depends greatly on your group of players.



## Spice up your seder by playing Passover Jeopardy

Mitzvot	Yeast Meets West	Munching Mensches	By the numbers	Prophet, no loss	Custom Made	Leftovers
1 This person answers the four questions asked by the youngest person at a seder.	1 After flour, this is the only ingredient in matzah.	1 Ashkenazim prepare their charoset using a combination of apples, nuts, wine and cinnamon. Sephardim prepare theirs using these ingredients.	1 The date of Nisan on which Pesach begins.	1 Perhaps surprisingly, this important name appears only once in the Haggadah.	1 This piece of matzo is removed from the cover and broken in two, so one half, the Afikomen, can be hidden.	1 The root of the Hebrew word for Egypt literally means this.
2 There are the two Pesach mitzvot that the Torah requires.	2 After this number of minutes baking, matzo becomes chometz.	2 This characteristic of Maror is meant to symbolize the conditions of slavery.	2 The minimum number of ounces of wine contained in each of the four cups of the Pesach mitzvot.	2 At the time Moses was born, this person reluctantly wrapped him in a basket and set it floating in the Nile.	2 This item from the seder plate is considered a symbol both of spring and of mourning.	2 The ninth of 10 plagues visited upon the Egyptians for refusing to release the Israelites from bondage.
3 Careful washing of romaine lettuce used for Pesach is required to assure the removal of these.	3 This company was fined for trying to keep up the price of matzo in the face of much less expensive Israeli competition.	3 This famous condiment maker was among the first companies to seek kosher certification about 75 years ago.	3 The number of years of slavery endured by the Israelites before the exodus.	3 More than 3000 years ago, Moses told this Pharaoh to let his people go.	3 Some families recognize those who cannot celebrate Pesach by placing an extra one of these at the table.	3 This term describes the custom in which every city makes a collection to supply the poor with their Pesach needs.
4 In Israel, an estimate 43 million hours of work go into this preparation for Pesach.	4 During Pesach, Ashkenazi Jews do not eat lima beans or other members of this vegetable classification.	4 This Passover food was used by the early Greeks as a rub for back pain and rheumatism.	4 Passover in Canada is eight days long. This is the number of days it is in Israel.	4 This translation of the name Moses, or Moshe, describes the way he was discovered.	4 To recognize the place of women in Judaism, some have added this item to their seder plates.	4 Today, there are Haggadot for gays and lesbians, for anarchists, and even for Christians who celebrate Passover, but the first printed Haggadah was produced in 1485 in this country.
5 This activity, traditionally undertaken by candlelight, is now sometimes conducted by flashlight, for safety reasons.	5 Shmurah Matzah requires special supervision which begins at this stage of production.	5 Coke and Pepsi omit this ingredient when producing their Kosher-for-Passover products.	5 Passover is one of three major festivals with both historical and agricultural significance. These are the other two.	5 Contrary to popular perception Moses was not the first person to step into the water of the Red Sea. This person preceded into the waters before they split.	5 An example of how Sephardic Passover customs differ from those of Ashkenazi Jews.	5 The name of the day after Passover custom imported to Israel by Moroccan Jewry and observed by hundreds of thousands.

ANSWERS: Mitzvah 1: Who is the seder leader or who is everyone? Or who is the family? Mitzvah 2: What are eating matzah and telling the story of the exodus from Egypt? Mitzvah 3: What are insects? Mitzvah 4: What is cleaning? Mitzvah 5: What is the search for chametz? Yeast Meets West 1: What is water? Yeast Meets West 2: What is 18? Yeast Meets West 3: What is Matishevit? Yeast Meets West 4: What are legumes? Yeast Meets West 5: What are dates, nuts, cloves? (also correct: bananas, walnuts, pistachio nuts, almonds, nutmeg, red wine) Munching Mensches 2: What is bitterness? Munching Mensches 3: What is Heinz? Munching Mensches 4: What is koshered? Munching Mensches 5: What is corn syrup? By the numbers 1: What is 15? By the numbers 2: What is three? By the numbers 3: What is 210? By the numbers 4: What is seven? By the numbers 5: What are Shavut and Succot? Prophet, no loss 1: Who is Moses? Prophet, no loss 2: Who is Moses's mother, Yocheved? Prophet, no loss 3: Who is Ramesses II? Prophet, no loss 4: What is drawn from the water? Prophet, no loss 5: Who is Nachshon ben Aminadab? Or who is the leader of the tribe of Judah? Custom Made 1: What is the middle piece? Custom Made 2: What is the egg? Custom Made 3: What is a chair? Or what is a setting? Custom Made 4: What is an orange? Custom Made 5: What is eating rice? Or what is eating the seder plate above the head of each child? Leftovers 1: What is Narrows? Leftovers 2: What is darkness? Leftovers 3: What is Maot Chitim? Leftovers 4: What is Italy? Leftovers 5: What is Mimouna?



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**Upcoming Events**

**Negev Dinner to honour Jeff and Steve Paikin**

This year's Negev Dinner will pay tribute to Steve and Jeff Paikin on Sunday, June 8. They were selected by JNF for their commitment to family, the communities in which they live and the greater community. The Paikins are no strangers to the JNF's Negev Dinners. Not only were their parents, Marnie and Larry Paikin each Negev Dinner honourees but their great-grandmother Tzipa was JNF Hamilton's second ever honouree back in 1954!

Steve and Jeff have chosen a project for the proceeds of this year's dinner that will provide healthy recreation for the children and youth of Mitzpe Ramon. Along with the government and other small contributions, the funds will support the development of the only sports field in the Sapir neighbourhood of Mitzpe Ramon. The field will be accessible to all the children and teens in the area as well as the Yeshiva students from Hesder Yeshiva. Since there are no other recreation facilities in the area, this sports field is a very important

initiative. Steve and Jeff felt they wanted a project that would contribute to the community's development and something sports related.

The evening promises to be something extraordinary. While there will be some surprises, the evening will feature the world-acclaimed Canadian Brass. The group has been entertaining audiences around the world for more than four decades, and can play everything from Gabrieli to Gershwin! It's no wonder that Steve and Jeff were so excited to have them perform at their Negev Dinner. The musicians in Canadian Brass share the Paikins' commitment to community and helping others. Education plays a key role in the story of Canadian Brass and each member is uniquely attuned to training the next generation of players.

Don't miss this great event and help pay tribute to Steve and Jeff. For more information about the Negev Dinner or to purchase a table or individual tickets, please call the JNF office at 905-527-5516.

**Nancy Richler headlines Na'amat Celebrity Author Luncheon on April 29**



Nancy Richler will be the guest speaker for this year's Na'amat Celebrity Author Luncheon on Tuesday, April 29.

Richler's third novel, *The Imposter Bride*, was shortlisted for the 2012 Scotiabank Giller Prize.

The luncheon will take place at the Adas Israel Congregation at noon. Tickets can be purchased at Bryan Prince Bookseller, 1060 King St. W., 905-528-4508 or by contacting [authorluncheon@cogeco.ca](mailto:authorluncheon@cogeco.ca). If you'd like information about our organization, please contact Judy Mendelson at 905-572-6679.

**Rising star Ben Caplan plays his hometown shul**

On Sunday, May 11, Halifax-based Canadian Folk Music Awards nominee Ben Caplan returns to his roots with an all-ages show at Hamilton's Beth Jacob Synagogue (375 Aberdeen Ave.).

A native Hamiltonian, Caplan grew up attending Beth Jacob, and is known for passionate live performances that feature howling vocals, diverse instrumentation, a commanding stage presence and crowd-pleasing audience participation. Caplan, who has been likened to a Canadian Tom Waits, combines folk, gypsy, blues, klezmer and jazz influences into a sound as inimitable as his luxurious beard. He won the Entertainer of the Year award at the 2012 Nova Scotia Music Awards, and has played intimate clubs and rollicking festivals across North America, Europe and Australia.

This will be Caplan's first live performance at Beth Jacob Synagogue—at least since his Bar Mitzvah—and a raucous celebration to which all Hamilton-area music-lovers, and all adventurous spirits looking to have an especially memorable Mother's Day, are welcome.

Outstanding vocalist and actress Michele Tredger, wife of Beth Jacob's Cantor Eyal Bitton, will open the show. Doors open at 6:30 p.m. Show begins at 7:15 pm.

For tickets and concert information, please visit <http://www.bit.ly/bjcaplan> or [www.bethjacobsynagogue.ca](http://www.bethjacobsynagogue.ca). For more information on Ben Caplan, visit <http://bencaplan.ca>.

**JCC EVENTS**

**Yom HaShoah**

**Monday, April 28**  
 7 p.m. at Beth Jacob Synagogue  
 375 Aberdeen Avenue  
 Event coincides with the opening of a new Raoul Wallenberg exhibit at the Rose and Phil Rosenshein Museum at Beth Jacob

**Yom Ha'atzmaut**

in celebration of Israel's 66th anniversary  
**Tuesday, May 6**

6:30 p.m. at the JCC  
 1030 Lower Lions Club Rd, Ancaster  
 featuring: artist market/vendors-party crew entertainment-face painting-henna tattoos-picture booth-pizza dinner-dessert and more.  
 \$30 per family or \$10 per person; Age three and under free; Purchase tickets at the door

**Lab Ba'Omer**

**Sunday, May 18**  
 12:30 p.m. at the JCC  
 1030 Lower Lions Club Rd, Ancaster  
 featuring board games, hair cuts for kids courtesy of Iris Anderson, bonfire-sing-a-long, story telling, Airbounce Amusement's JOUST and more.  
 \$5 per person

**Barry and Stephen Foster Memorial Golf Tournament**

**Thursday, June 18**  
 11:30 a.m. registration and BBQ lunch  
 12:30 p.m. shotgun start at the Beverly Golf and Country Club, 1211 2nd Concession W, Copetown  
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# Riding away the stigma of mental illness

Danielle Berman honours her father's memory with a challenge of a lifetime

by BEN SHRAGGE  
Special to  
the Hamilton Jewish News



Overlooking the Dundas Valley: Danielle Berman takes a break from her training

Photo by Dave Heidebrecht, Special to the Hamilton Jewish News

Danielle Berman knows mental illness's devastating toll first-hand. Her physician father, Dr. Les Berman, died by suicide 15 years ago, and as a teenager, she struggled with depression. Berman is now reaching out to help others in a big way. Starting mid-July 2014, she will cycle from Vancouver to Hamilton to support mental health awareness.

Berman recently received her Master of Social Work from Yeshiva University, and is professionally and personally devoted to the cause. "We need to stop viewing mental illness as a choice," the Dundas native says. "It's just like a physical illness. It's not chosen and you're not doing it to get attention, or because you're lazy." To battle these negative stereotypes, which inhibit ashamed sufferers from seeking help, Berman is calling her initiative Ride Away Stigma.

Her bike ride idea was inspired by the healing power of the outdoors, the opportunity to raise awareness in different communities across Canada and, most personally, the fact that her dad was an avid cyclist. In tribute to her father, she will be starting and ending the journey on his Cannondale bike, which he rode for the World Masters Games in 1988.

Berman sees biking as a way to more intimately connect with local communities in her travels, including local Jewish communities. "I'm using this mode of

transportation to have opportunities to meet locals," she says. "I'm not just skipping through." She's inviting local cyclists to ride along with her for different legs of the trip. Berman invites Hamiltonians to join her on September 7, when she'll complete her journey at Dundas Driving Park's monument to victims of suicide.

Berman is regularly training with a cycling coach, but the challenges

are emotional as well as physical. "It was hard at first, because every meeting was regarding my dad and losing my dad and my own struggles, so a lot of memories were coming up," she says. She has also had to overcome shyness: "In classrooms I would usually not speak and now all of a sudden I'm presenting in front of people, sharing my vulnerable moments. But knowing I was doing it for the

benefit of others made it easier." Berman is aiming to raise \$60,000, which will be evenly divided between the Canadian Association for Suicide Prevention, the Suicide Prevention Community Council of Hamilton and St. Joseph's Healthcare Hamilton Foundation.

"Through my struggles and through losing my dad, the

community here has always been supportive," she says. "I hope that people from the Jewish community will come out on September 7 to show support and I'd love for them to follow me along on social media and if possible to donate."

Readers can donate, find out about sponsorship opportunities and follow Danielle's progress at [www.rideawaystigma.com](http://www.rideawaystigma.com).

# The house that love built

How a remarkable couple transformed adversity into a legacy of love

by JULIA KOLLEK, Special to the Hamilton Jewish News

Margaret and Arthur Weisz may have arrived in Hamilton with a toddler and a small suitcase, but they built a successful dynasty and created a remarkable legacy.

During the Second World War Margaret and her family were taken to a ghetto near their home town of Moson in Hungary. Within a month they were sent to Auschwitz. There the notorious "Angel of Death", Dr. Josef Mengele, divided Margaret from her mother and younger brother, and she never saw either of them again. Margaret spent the rest of the war crying every day as she worked in the Birkenau munitions camp.

Arthur lost both his parents and was taken to a labour camp in Hungary. Of the 1,000 men encamped, he was one of only 30 who survived. He was barely skin and bone by the end of the war. He and Greti (as he affectionately called her) were childhood sweethearts and newly weds, neither knowing if they would ever see each other again. But they did.

On her release, Margaret tracked Arthur to a Russian prison camp in Central Hungary. She wrote his name on a package of bread and threw it over the fence. Against all odds, Arthur found it and the couple was eventually reunited. They returned to Moson to find only 50 of the original 500 Jewish residents had survived. Undeterred, they began rebuilding their lives and had Tom, their first child, who was also the first



Margaret and Arthur Weisz

Photo courtesy of the Weisz family

On her release Margaret tracked Arthur to a Russian prison camp in Central Hungary. She wrote his name on a package of bread and threw it over the fence. Against all odds, Arthur found it and the couple was eventually reunited.

Jewish child born in the town following the Holocaust. Arthur turned his business acumen into creating a wholesale grocery business. When Hungary was taken over by the Communists in 1956 the recent success of the family company placed the Weiszs under scrutiny, and so, in a daring nighttime escape that took them through forests and across rivers they fled the country, eventually

making their way to this country. Safely in Canada, Margaret worked as a construction labourer. When an on-site injury prevented Arthur from further outdoor work, he took a job in a real estate office. To find clients, he scoured the Hamilton phone directory for Hungarian names and built up a successful network. Within a short time he founded his own real estate company.

The family began establishing itself and a few years later Janet was born. Years later, when Arthur and Tom co-founded Effort Trust, they adopted the now-familiar elephant as the company logo, because — as Arthur liked to relate — an elephant never forgets a kindness. Using Effort in the company name was no coincidence either, because to say Arthur worked hard would be an understatement. After a day at the office, he would come home to an understatement. After a day at the office, he would come home to say Arthur worked hard would be an understatement. After a day at the office, he would come home to say Arthur worked hard would be an understatement.

After Margaret's death in 2009, Arthur turned his heartbreak into an enduring memory of the woman he loved and the life they had shared. Horwood produced "Margaret's Legacy", a film for youngsters in which he and his great-grandchildren featured, recounting the story of the Weisz's Holocaust experience.

Weisz died last April, at age 94. Temple Anshe Sholom was filled with more than 1,300 friends, dignitaries and business associates who came to pay tribute. His funeral cortege stopped traffic across the city he helped to build. But the legacy he and Margaret created continues to nourish Hamiltonians. The family founded a charitable foundation that remains an important pillar of the Jewish community. Over the years Arthur and Margaret have been major supporters, not only of a myriad of Jewish organizations, but in the wider community. Margaret and Arthur overcame the traumas and losses they experienced to live life to its fullest; at the same time they created a legacy of generosity from which we all continue to benefit.

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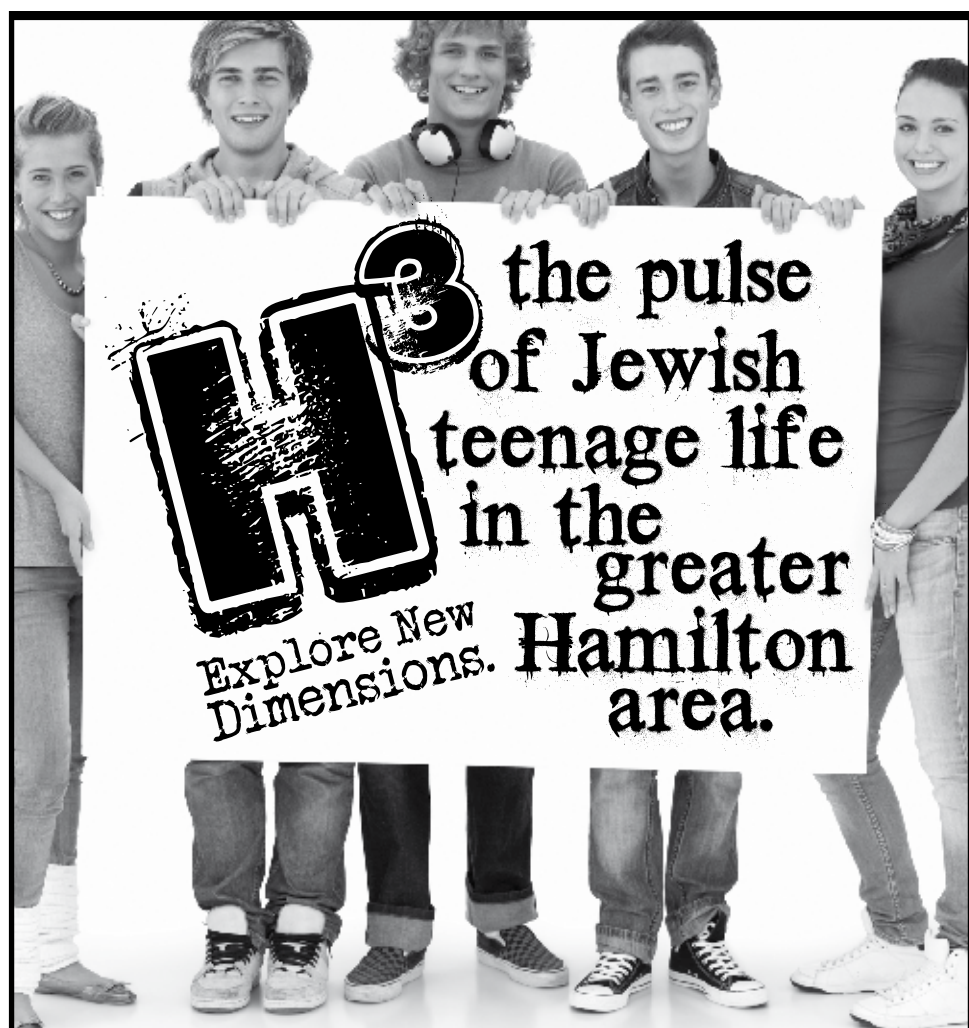
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## Stress: signs, symptoms and treatment

by ANDI DAVIDSON, Special to the Hamilton Jewish News



Stress is an inevitable byproduct of the increasingly busy schedules that most of us live with today. So it's worthwhile asking how much stress is good for the body and how much stress can begin to cause harm? What are the signs and symptoms we need to pay attention to and what can we do to assist in the management of stress?

We are wonderfully designed with a hormonal response to stress that is the body's way of protecting us. When working at optimum levels the chemicals that are released from the adrenal glands and brain, help us stay focused, energetic and alert. In emergency situations, stress can save your life – giving you extra strength to defend yourself, like slamming on the brakes in order to avoid an accident. But when we are under too much stress for long periods of time the long-term effects can start to create physical, mental and emotional problems.

So what are some of the signs and symptoms of overcompensating stress levels and what are the short and long-term risks of the continual release of stress hormones?

First ask yourself if any of the following are true for you on a daily basis?

- Do you suffer physically with aches and pains, diarrhea or constipation, nausea, dizziness, chest pain, rapid heartbeat, loss of sex drive or frequent colds?
- Do you experience memory problems, moodiness, an inability to concentrate, poor judgment, short temper seeing only the negative, anxious or racing thoughts and constant worrying?
- Lastly, take notice if you are experiencing behavioural patterns such as eating more or less, sleeping too much or too little, isolating yourself from others, procrastinating or neglecting responsibilities, using alcohol, cigarettes, or drugs to relax.

If you answered yes to at least three or more of the above, it is quite possible that your stress response is over-taxed and is affecting your immune system, which in

the short term may result in higher frequency of colds and flu, skin rashes, general aches and pains. If nothing is done to lessen the strain, more serious health conditions may develop, such as high blood pressure, heart disease, depression, weight gain, diabetes, malfunction of internal organs such as kidneys and pancreas.

The good news is that there are things we can do to manage our stress levels. These include taking a bath, going for a walk in nature, having a good laugh or cry, being with good friends and spending time with animals.

Here are some very easy exercises you can do any time and any place and instantly feel the benefits.

**1. Drink water.** Often when we feel tired and stressed and run down it is because the body is dehydrated.

**2. The 4-7-8 breath:** Inhale through your nose for the count of four, then hold your breath in for seven counts, and then exhale forcefully through the mouth for eight counts. Do this for four rounds.

**3. Try lying down on your back,** legs apart, arms away from the body, palms facing up, closing your eyes, and just becoming absolutely still for about five to 10 minutes. Visually scan through your body, inviting part by part to relax and let go, while breathing deeply and slowly in and out from the belly. Add beautiful relaxation music to any of these exercises to increase their effectiveness.

It's also a good idea to have some kind of body work done on you at least once or twice a month, especially if you have extended health care coverage for massage therapy, shiatsu, or acupuncture. You can also get involved in yoga, or meditation (if you can't get to a class, look into having private classes at your home or work place.) Please consult with your family or naturopathic doctor for blood work if this article raises any concerns.

Andi D. is a registered massage therapist, cranial sacral therapist, yoga therapist, and mindfulness meditation teacher. She can be contacted at [www.bodyworkforrecovery.com](http://www.bodyworkforrecovery.com).



Pictured above (l to r): Sandra Scime, board member United Way, Susan Roth, president, JSS board of directors, Mei Enkin, JSS board member and Len Lifchus, CEO of the United Way of Burlington and Greater Hamilton. Photo by Paul Roth

## HELP FOR THE KOSHER FOOD BANK

Every month 45 families in our community rely on the Kosher Food Bank to meet their basic needs. For reasons that might include a loss of a job or being on long-term disability, they are in desperate circumstances. Last month, Jewish Social Services held its 5th annual wine tasting fundraiser in support of the Kosher Food Bank. Featuring wines from Simcha Wines, cocktails from David Levy's Chocolate Tales, and Mexican food from Andrea Levy's Sweet Noshings and Mike Zians's Hamilton Kosher, the evening was a tremendous success. All the food and drink were donated and all the proceeds went to keeping the Kosher Food Bank alive. The JSS board of directors worked tirelessly in soliciting both corporate and personal sponsorships and ticket sales to make this event the fund raising success that it was. The Kosher Food Bank survives, in part, through the generosity of businesses and individual donors. It is imperative that we keep the doors open and are thrilled that with the help of this community we are surviving! Thank you Hamilton for your outpouring of support. If you would like to make a contribution, please call 905-627-9922 ext. 21 or email [carolkramesjss@hotmail.com](mailto:carolkramesjss@hotmail.com).

## JEWISH GENEALOGICAL SOCIETY

STEVEN BROCK

On a cool evening in April 2004, at the Hamilton Public Library, the Jewish Genealogical Society of Hamilton and Area (JGSH) was born. Co-presidents Hazel Boon and Barry Spinner kicked off our first meeting with just a handful of people discussing their research to date and what they wanted to achieve as a group. Now 10 years later, with Hazel still at the helm, we have grown immeasurably and offer events and services that rival many of the larger genealogical societies around the world.

The variety of wonderful guests who have spoken

on a wide range of diverse topics is among the remarkable achievements of our first decade. Before we break for the summer you still have an opportunity to come out and hear Rabbi Daniel Green speak on April 9 and on May 7 Margaret Houghton, local history archivist for the Hamilton Public Library, will teach us the basics of preserving your valuable documents.

Over the years we have helped many members with their quests to find information about their families and how they lived. We have also fielded many

inquiries from those who live far and wide but whose families have a Hamilton connection. We hope that those of you who live in the area will join us one evening. Your first meeting is on the house! Once you have seen what we have to offer, we are confident that you'll be back.

Meetings are held monthly between September and June at Temple Anshe Sholom. All are welcome! Please check our website [www.jgsh.org](http://www.jgsh.org) or contact Hazel Boon at 905-524-3345 or [jgshamilton@gmail.com](mailto:jgshamilton@gmail.com) for more information.

## TEMPLE ANSHE SHOLOM

SARAH DELEON

For those of you who don't know me, I'm Sarah DeLeon. You may be more familiar with my husband Carl, our immediate past president and current Hamilton Jewish Federation president. Well, I decided that Carl shouldn't be the only one to have all the fun and this winter I have taken on the role of chair of the Temple Anshe Sholom Deborah Sisterhood.

Many of you may have memories of your mothers or Bubbies having coffee in the Temple kitchen while they prepared and set-up for the evening's Shabbat dinner. Well, times may have changed and the lives of Reform women may have changed. But one thing that has not changed is that we are the Women of Reform Judaism (WRJ)! A new leadership team is in place in the Deborah Sisterhood, with the goal of renewing and revitalizing the Sisterhood. Over the past couple of months we have been working on a renewed Sisterhood that is meaningful to the women of our synagogue today and sustainable for the women of our synagogue tomorrow.

We invite you to join us for our Sisterhood Renewal Seder on Sunday, March 30 at 12:30 p.m. In addition to a wonderful seder, we will discuss the changes we have made to sisterhood and some of the activities and events you can look forward



Sarah DeLeon Photo by Carl De Leon

This year's theme is Women Feeding Families, and we will celebrate the many ways women come together to nourish families in the physical, spiritual and communal sense. With this theme, it is very fitting that our beneficiary this year is the Kosher Food Bank at Jewish Social Services. This has been a particularly cold and hard winter for everyone, but especially for those families who struggle to provide for even the most basic necessities in their daily lives. We are asking anyone attending to bring non-perishable food items to the seder, which will also go to the Food Bank. Young or old, married or single, Jew by birth or Jew by choice; there is a place for you in our sisterhood and we look forward to welcoming each and everyone of you on March 30.

## KEHILA JCDS

DEB AVETESSIAN

From the start of the school year, the senior students at Kehila are paired as mentors with junior students for activities like daily T'fillot, reading and outdoor play.

"Kehila has a wonderful family-like environment, where the whole school welcomed my son into its kindergarten with joy," said new parent Dina Biro. "I have seen him blossom under the care of his t'fillah buddy... It was a seamless transition from daycare to kindergarten at Kehila."

"The mentoring at Kehila allows my kids to develop meaningful friendships across the grades," said Milena Romalis. "Louis's mentor takes her responsibility seriously and keeps an eye on him all the time."

Mentoring has many beneficial outcomes for both the younger children as well as the older students. A Grade 5 student who is shy to read aloud to his classmates has no problem reading to his paired buddy and his teacher has noticed a marked improvement in his confidence. Studies have



Student mentoring at Kehila.

Photo by Michele Schneider shown the benefits of peer mentoring for both sides of the equation and it is certainly being proven at Kehila.

Families are invited to visit the school on Tuesday, May 6 for an open house at Kehila or set up an appointment to visit the school at your convenience. For more information please call Michele in the office at 905-529-7725 or email [office@kehilaschool.ca](mailto:office@kehilaschool.ca).

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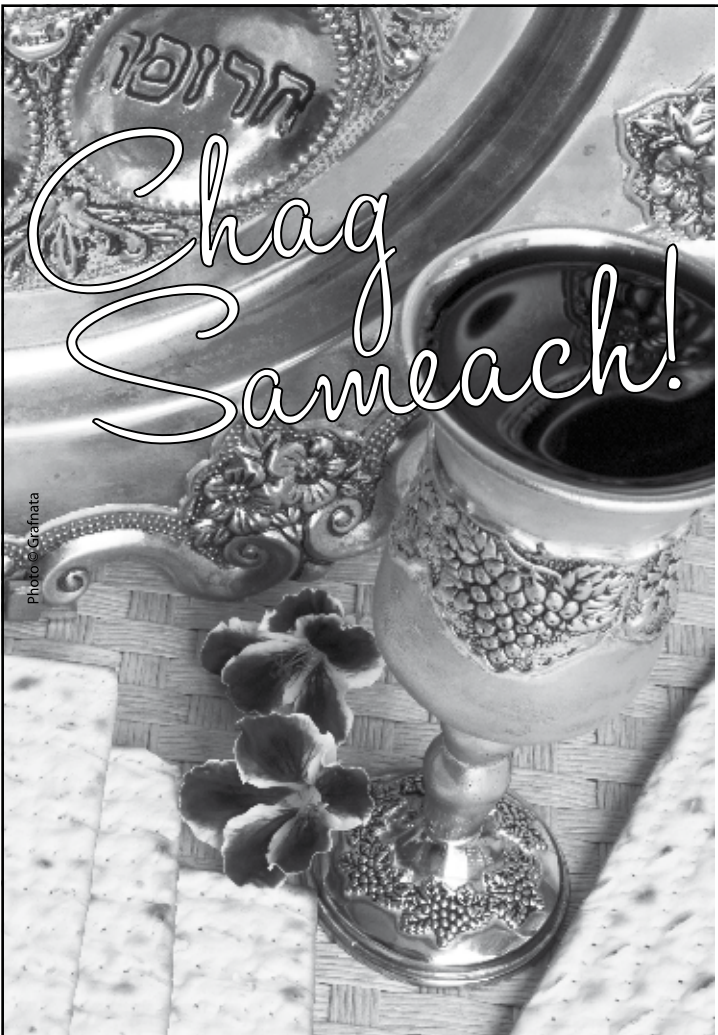
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Marla Dan  
CHW National President

CHW Board of Directors

Alina Ianson  
CHW National Executive Director

Canadian Hadassah-WIZO (CHW) is Canada's leading Jewish women's philanthropic organization. Founded in 1917, CHW is non-political, volunteer driven and funds programs and projects for Children, Healthcare and Women in Israel and Canada.

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## BETH JACOB SYNAGOGUE

MELINDA RICHTER

The Rose and Phil Rosenshein Museum at Beth Jacob will open its next exhibit coinciding with the observance of Yom Hashoah at the synagogue on Monday, April 28.

The exhibit choice is inspired by a donation from artist Ora Markstein: a medallion depicting Wallenberg that Markstein created in 1988. Casts of the medallion are found in European art collections and a recent casting was donated to the Rosenshein Museum last year. Markstein hopes her donation will lead to a greater recognition of Wallenberg's deeds. The medallion will be on display in the museum for the duration of the exhibit.

In 2012, the Swedish Institute and the Living History Forum celebrated the 100th anniversary of Raoul Wallenberg's birth with year long programming, including a travelling exhibit about his life. Wallenberg was a Swedish diplomat and businessman who saved Hungarian Jews from Nazi extermination camps during the Holocaust. Using protective passports and safe houses, Wallenberg prevented the deportation of thousands of families. In 1945 he was detained by Soviet forces and disappeared. The Rosenshein Museum will feature a companion exhibit with text and images from the 2012 travelling exhibit entitled, "To Me There's No Other Choice - Raoul Wallenberg 1912-2012."

For the museum's fall 2014 exhibit, the curating committee is searching for the community's treasured Judaica objects. Do you have a special object that has been kept in the family for generations? An object with sentimental significance?



We want to hear your story. Please email the museum at: museum@bethjacobsynagogue.ca or call the Beth Jacob office: 905-522-1351 and a museum staff member will be in touch with you.

The Rose and Phil Rosenshein Museum is open during regular synagogue hours. Contact the Beth Jacob office for more information on the museum and its exhibits.

## MAGEN DAVID ADOM

HILDA ROSEN

Driving through the crowded and narrow streets of Israel's major cities can be a daunting task for the ambulances of Magen David Adom (MDA), the country's national emergency and blood service.

To help reach patients safely and on time, MDA is starting to build up a fleet of 100 three-wheeled ambulance scooters.

Of 150 scooters in the MDA fleet, four have been purchased by Hamilton. We are now in the midst of a campaign to purchase a fifth. To help us reach our goal please call 1-800 731-2848 and tell them you are calling for the Hamilton campaign. Thank you and have a wonderful Passover.

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## ADAS ISRAEL CONGREGATION



HHA students participate in Aleph Champs.

Photo courtesy of the HHA

There is no greater challenge in Jewish education, or for that matter Jewish continuity, than creating an engaging Hebrew school platform that kids actually want to attend.

Such a program exists at the Adas Israel. On Monday evenings students in Grades 1 through 5, from both Jewish day schools and public schools gather for Hebrew in the kitchen.

The program has two components. At 6 p.m. students participate in Aleph Champs, a motivational based platform with incentives to excite kids to learn how to read Hebrew. Based on the colour-coded martial arts system, kids begin as white belts. As they progress they reach the black level

and graduate as fluent readers.

Part two utilizes hands-on manipulative - food! Children participate in a Hebrew immersive environment while prepping and cooking various dishes. Along the way they develop conversational Hebrew skills while learning various names of foods, methods, measurements and much more! Students prepare foods from bourkas to pizza to sushi. The greatest part is they get to enjoy the immediate "fruit" of their labour.

The program is run by three talented Israeli educators, Shani Levy, Sapir Zivon, and Barak Tsaidi. For more information please call Rabbi Barak Tsaidi at 905-528-0039 or email ayo@adasisrael.ca.

## HAMILTON HEBREW ACADEMY

Under the leadership of principal, Joanne McIntosh, head of Judaic studies, Rabbi David Teller, and head of experiential programming, Rabbi Yaakov Morel, the Hamilton Hebrew Academy has become a leading institution in education by proactively addressing academic issues and focusing on the development of each student as an individual.

The school has recently taken initiatives towards strengthening its math program partly in response to research that shows that a growing proportion of Canadian students are unable to understand even the most basic math concepts.

In early February HHA math teachers attended a seminar in Toronto called Making Every Math Minute Count presented by Kim Sutton. Our staff gained knowledge about mathematical content, math teaching strategies and how children gain an algebraic foundation.

In an effort to meet the needs of all our students, our school conducted the Canadian Achievement Tests 4th Edition in late November and early December.

The CAT-4, a standardized test used widely across Canada, assesses the critical learning outcomes in reading, language,

spelling and mathematics. A test is simply a snapshot in time but it does give us a sense of how each student compares to same grade peers across the country.

We received the results the first week of February with 86 per cent of our students meeting, or exceeding expectations. The Mean National Average is 64 per cent.

The CAT-4 reports give further insight into the learning needs of students who are not meeting expectations. It furthers our work to ensure that all students receive the necessary support to succeed.

Our Judaic studies program has continued to thrive. Through our new innovative curriculum (L'Havin ul'Haskil) that combines an intensive Hebrew skill based approach to Torah learning, with meaningful and relevant applications to Jewish life in the 21st century, we have seen outstanding success particularly in Hebrew reading, decoding and understanding. In the older grades, a greater emphasis has been placed on project based learning and involvement in social action and community chessed.

To learn more about the Hamilton Hebrew Academy, visit [www.hamilton-hebrewacademy.ca](http://www.hamilton-hebrewacademy.ca) or call 905-528-0330.

## JNF NEWS



Volunteer Arielle DeLeon gives a mini-manicure at Beauty 360.

Photo by Lawrence Yanover

## JNF Beauty 360

DAISY HADFIELD

On January 12, JNF Hamilton and lead sponsor Lax Financial, presented an all-new, all-girls fundraising event called BEAUTY 360 at Theatre Aquarius in Hamilton.

The philosophy underlying the event was based on the premise that beauty is universal, timeless and eternal. It is all around us but we must look deeper in order to see beauty in all things. Beauty is created by love and compassion.

Women and girls, aged 6 to 76, were able to visit and purchase choice products from several independent vendors. They also had an opportunity to be pampered by several local beauty experts including Darlene Shapiro of Relax Esthetics, Silvana, Maria and Samantha of Silvana's Hair and Esthetics, Kathleen Wilson of Beautopia Esthetics and Amy Harrower of Jamberry Nails.

There was ample time to socialize and indulge in the delicious hors d'oeuvres made by the Village

Green and scrumptious desserts by Eva Raphael. Everyone clearly enjoyed themselves and went home with a generous thank-you bag filled with beauty supplies gift certificates and coupons.

The proceeds generated from the event will go toward a JNF project in Israel aimed at helping women at risk.

Thank you to our sponsors whose generosity will benefit our project directly: Lax Financial, Ken and Sandra Cohen of Radiant Beauty Supplies, Anna McCusker, Relax Esthetics, Theatre Aquarius, Alisa Williams, Joan Hing King and Cyndy Roberts.

Thank you to Beauty 360's awesome team of volunteers: Co-chairs Yael Arnold and Danna Horwood and committee members, Nicole Feldman, Daisy Hadfield, Laura Laengerer, Anna McCusker and Darlene Shapiro. Next year's event promises to be even better!

## Tu Bi'Shevat Fun

REBECCA SHAPIRO



Roasting marshmallows on a snowy day - a favourite at the annual JNF Tu Bi'Shevat Festival. Photo by Jason Leizer

The snowy weather didn't deter community members from celebrating Tu Bi'Shevat with the Jewish National Fund. This year's event was held again at the RBG Arboretum's Nature Interpretive Centre. Children of all ages enjoyed nature-themed activities. Cantor Eyal Bittun led a communal sing-along. Other highlights included a puppet show by RBG personnel, an up-close and personal encounter with a turtle, a Tu Bi'Shevat seder display, PJ Library stories and a bonfire in the snow with roasted marshmallows. There was so much to do that nobody noticed that the outdoor nature hike had to be canceled due to the icy trails! Thanks to

our wonderful sponsors: Jason Waxman, Raz Auto and the Naftali, Ohayon and Vaturi families; and to our hard-working committee members: Deb Avetissian, Zion Naftali, Milena Romalis, Riva Rotter and Rebecca Shapiro and student volunteers: Noah and Rebecca Katz and Jared Gaffe. Many have referred to JNF's Tu Bi'Shevat Family program as their "favourite community event of the year." Plans are already in the works for next year's event.

## We believe in our community. We believe in Hamilton.

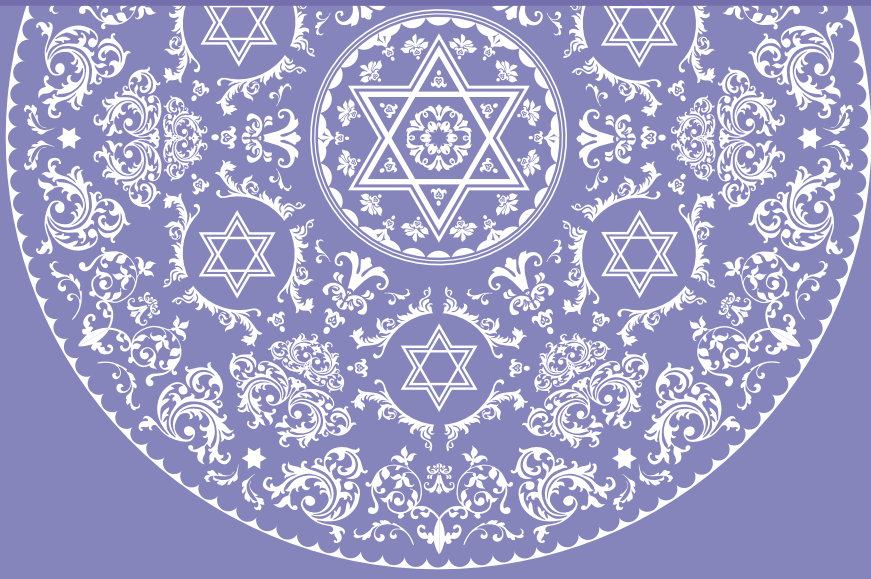
Every purchase at one of our dealerships puts funds back into our community. This year alone Parkway Motor Group, along with your support, has been able to fund a number of key cultural and social organizations and initiatives including: JewishHamilton.org, Hamilton Arts Council, Hamilton Philharmonic Orchestra, United Way of Burlington and Greater Hamilton, Art Gallery of Hamilton, Hamilton/Burlington SPCA and more.

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