



INSIDE

The paradox of the dreidel • 7  
The many faces of Dennis Nash • 9  
Lifting the curtain on funeral rituals • 15



NOVEMBER 2021 | KISLEV 5782

Hamilton  
Jewish

# News

The voice of Jewish Hamilton

## Federation welcomes new generation of Jewish leaders

Community cohesiveness and resource sharing are top concerns for new cohort of board members

STORY BY **WENDY SCHNEIDER**  
THE HAMILTON JEWISH NEWS

Just as their baby boomer parents shaped the community they inherited from previous generations, millennials are helping shape how Hamilton's Jewish community can meet the challenges and opportunities of today and tomorrow. Millennials, those born between 1981 and 2000, have been characterized as a purpose-driven generation that seeks to have a positive impact on its community. If so, their presence on community boards is a win-win for Jewish organizations, which have meaning and purpose at the core of their cultures and daily work. There's nothing new about Jewish organizations going out of their way to attract younger members to their boards of directors, and the Hamilton Jewish Federation is no different. But over the last year, the community's central fundraising organization has met with particular success – five of the organization's 13 board members are under the age of 45. Conversations with this group of young leaders revealed their admiration for Federation CEO Gustavo Rymberg and a shared desire to see more resource sharing and community cohesiveness.

COMMUNITY COHESIVENESS CONTINUES ON P5



Hamilton Jewish Federation's youngest board members gather for a portrait at JHamilton. Pictured above, left to right, are Jamie Richter, Joshua Rauchwerger, Federation CEO Gustavo Rymberg and Jason Waxman. Seated in front are Romy Friedman and Alice Mendelson. STORY ON PAGE 5.

### INSIDE THIS ISSUE

Shalom Village's unsung heroes P6

An inexplicable tale P12

Home visit P13

“I disabled my Instagram account after removing every image and mention of my son.”

Abiella King

LOCAL VOICES P13

Hamiltonjewishnews.com

PM AGREEMENT 40007180

The Hamilton Jewish News is funded in part by a generous gift from the Allen and Milli Gould Family Foundation.

TD Wealth

# Fowler and Associates

TD Wealth Private Investment Advice  
Complete Investment and Estate Planning

**Scott Thomson**  
Investment Advisor

905-528-6349

**Dwight A. Fowler**  
Vice President,  
Investment Advisor

905-528-4254

**Shane Fowler**  
Investment Advisor

905-528-0113

Toll Free: 1-800-775-0037

Fax: 905-528-6897

Fowler & Associates



Fowler and Associates consists of Dwight Fowler, Vice President and Investment Advisor, Shane Fowler, Investment Advisor and Scott Thomson, CFA, Investment Advisor. Fowler and Associates is part of TD Wealth Private Investment Advice. TD Wealth Private Investment Advice is a division of TD Waterhouse Canada Inc., a subsidiary of The Toronto-Dominion Bank. TD Waterhouse Canada Inc. — Member of the Canadian Investor Protection Fund. All trademarks are the property of their respective owners. \*The TD logo and other trade-marks are the property of The Toronto-Dominion Bank or a wholly-owned subsidiary, in Canada and/or in other countries.

## This Chanukah, you can help us make miracles



Gustavo Rymberg

CEO  
HAMILTON JEWISH FEDERATION

EVERY CHANUKAH, we celebrate the miracle of a tiny jar of oil miraculously burning for eight days – the time needed for Judah Maccabee and his followers to rededicate the Holy Temple in Jerusalem after reclaiming it from the Greek army.

Chanukah is the perfect time to reflect on the power of what even a tiny miracle can do.

This Chanukah, as we celebrate an ancient miracle, we turn to you to help us create everyday miracles right here at home. With your support, the Hamilton Jewish Federation is able to make an incredible impact on our community and help those in need.

It is with your gift to the Hamilton Jewish Federation that we can respond to those most affected by the pandemic.

It is with your gift to the Jewish Federation that we can respond to hundreds of Hamiltonians now living with food insecurity.

For those who were in need before the pandemic, and the newly unemployed who no longer have the means to feed themselves or their families, the good you support helps stock K kosher food pantries with nutritious food and other urgently needed staples.

Because we are here, Holocaust survivors, who are at heightened risk of emotional distress and anxiety due to isolation, are getting the help they need. With your gift to the Hamilton Jewish Federation, we are able to make “well-being” calls, offer needed financial assistance, deliver hot K kosher meals, provide social workers, counseling, technology assistance and so much more to bring some comfort and relief to survivors. The good we do today helps alleviate the intensifying fears of Holocaust survivors, seniors, and other vulnerable members of our community.

Our experience and partnerships – and your generosity – make us better equipped to confront the hideous face of antisemitism head on. Throughout our over 90-year history, the security and protection of our families, neighbours, and communities have always been a top priority. With your generous gift, you enable the good that we do: Coordinate with local law enforcement, promote safety training and offer much needed community resources. Your support of these programs, help us retain the right to live our lives as Jews and take part in Jewish learning and culture without fear. They safeguard us when we gather at shul, they protect us when we open our businesses and institutions and they reassure us when we send our kids to school.

We provide services, necessities and dignity to the most vulnerable

among us. But we need your help. Your Chanukah gift will substantially add to the good we do for the ever-increasing number of individuals and families who need us now more than ever.

With your help, we bring comfort to those living in isolation, sustenance to those living with hunger, and hope to those living with anxiety brought on by the pandemic and resulting economic recession. Your gift to the Jewish Federation of Hamilton received by Dec. 31, 2021 will make a huge impact. The good we do together will go a long way in the lives of so many.

Whether a new program at the retirement community or an educational seminar about social justice, your support of Jewish Federation allows us to make everyday miracles and to have a far-reaching and great impact on your life and the lives of those in our community.

It is these contributions that help bring the community together. And that is why we ask for your support this holiday season as we are getting close to the end of our Annual Community Campaign.

Your support helps ensure flourishing Jewish communities for years to come. The generosity of people like you enables us to connect our younger generations to Jewish community and develop the next wave of Jewish leadership as well.

Hamilton Jewish Federation works to ensure that we all feel welcome and secure in the Jewish community. And that is made possible by your support this Chanukah.

Your gift helps us make miracles — creating programming and improving existing supports that maintain the vitality of the Jewish community.

Your gift helps us take care of those in need: such as enabling our more vulnerable seniors to live with greater comfort and dignity, as well as helping hundreds of our less fortunate community members who are still struggling to get back on their feet. We provide services, necessities and dignity to the most vulnerable among us. But we need your help. Your Chanukah gift will substantially add to the good we do for the ever-increasing number of individuals and families who need us now more than ever.

As we continue to address the pressing issues of these unprecedented times, our mission to do good has taught us what it takes—It takes you. Your support of Jewish social, health, and economic struggles is needed. Please do good today at [jewishhamilton.org/2022-donate](http://jewishhamilton.org/2022-donate).

This Chanukah, as you light your menorah and reflect on the miracles of the past, we ask you to help us make miracles today!



THE  
**RICHTER**  
GROUP

Proudly serving the  
Greater Hamilton Area since 1957



Experience the trust, dependability and accountability that the Richter Group stores have provided for over 50 years



**Hamilton Hyundai**  
324 Parkdale Ave N  
905 545 5150  
[hamiltonhyundai.ca](http://hamiltonhyundai.ca)

**Eastgate Ford**  
350 Parkdale Ave N  
905 547 3211  
[eastgateford.com](http://eastgateford.com)

**Bay King Chrysler**  
55 Rymal Rd  
905 383 7700  
[bayking.ca](http://bayking.ca)

**CSN Collision Centres**  
230 Lansing Drive  
350 Parkdale Ave N  
[eastgateford.com](http://eastgateford.com)

## JFS day program returns



In November, Hamilton Jewish Family Services welcomed back its newly rebranded Friendship Circle Seniors Day Program. This program provides a social setting for primarily Russian speaking community members to come together. "We are so glad to have them back – what you can't tell is that under the mask, everyone was smiling," said HJFS executive director Alexis Wenzowski.

**7**  
HOLIDAY **FEATURE**  
Judaism's greatest irony

**9**  
FEATURE **STORY**  
The many faces of Dennis Nash

**12**  
LOCAL **VOICES**  
An inexplicable tale

**15**  
ARTS **AND CULTURE**  
A look at Jewish funeral rituals

NEXT ISSUE: **FEBRUARY 2022**

### DEADLINES

Booking ads: **Jan. 7, 2022**

Advertising copy: **Jan. 20, 2022**

Publication date: **Feb. 14, 2022**

## HJN

The Hamilton Jewish News is published six times a year by the Hamilton Jewish Federation

### EDITORIAL POLICY

The Hamilton Jewish News invites members of the community to contribute letters, articles or guest editorials.

### Written submissions

must be forwarded by the deadline indicated in each issue. This newspaper reserves the right to edit, condense or reject any contribution for brevity or legal purposes.

CIRCULATION  
2,000

### EDITOR

Wendy Schneider  
wschneider@  
jewishhamilton.org  
905-628-0058

### ASSISTANT EDITOR

Abigail Cukier

### DIGITAL EDITOR

Ben Shragge

### CONSULTING ART DIRECTOR

John Bullock

### PUBLISHER

Hamilton Jewish Federation

### ADVERTISING

Wendy Schneider

### HAMILTON JEWISH FEDERATION PRESIDENT

Howard Eisenberg

### HAMILTON JEWISH FEDERATION CEO

Gustavo Rymberg

### BOARD MEMBERS

Janis Criger  
Romy Friedman  
Jacki Levin  
Alice Mendelson  
Adam Norris  
Josh Rauchwerger  
Lowell Richter  
Lorne Rochweg  
Peter Smurlick  
Jason Waxman  
Laura Wolfson

### INSIDE THIS ISSUE

- 2 Editorial
- 4 Letters to the Editor
- 5 Cover Story
- 6 Community Perspective
- 7 Holiday Feature
- 8 Business Profile
- 9 Feature Story
- 10 JCC Page
- 12 Local Voices
- 14 Sponsored Content
- 15 Arts and Culture
- 16 Community Pages

### FEDERATION NEWS:

11

Wishing you a  
**HAPPY CHANUKAH**  
BOARD AND STAFF OF THE HAMILTON JEWISH FEDERATION

HAMILTON JEWISH FEDERATION  
#Here for Good 



Follow us on social media: @charredrotisserie

## WELCOME TO CHARRED

**All our products are made in-house and all our chicken is locally sourced, raised without antibiotics, and free run.**

**Our chicken is cooked fresh over a flaming bed of hardwood charcoal to deliver that delicious "Charred" flavour in every bite.**

**Take Out, Delivery, and Catering available!**

**www.charred.ca**

Join our mailing list for your chance to receive a FREE meal every month!

244 James St. N.  
Hamilton, On L8R 2R3  
(289) 396-0662




*May this holiday season bring peace, health and happiness throughout the coming year.*

*Chag Chanukah Sameach!*

~ Moishe, Eli & Gabe Chaimovitz & their families ~

You'll find it here!

Hamilton East  
1104 Barton St. E.  
905.545.5585



**TEGS**  
TOOLS & MACHINERY

Hamilton Mountain  
1361 Rymal Rd. E.  
905.388.0784

**TEGSTOOLS.COM**

# Letters to the editor

Community members defend Israel in response to letter that appeared in HJN Rosh Hashanah edition

## Opening the door to haters

What bothers me most about the letter to the HJN from the young mother is that we who have been pushing back against anti-semitism and anti-Israelism have heard all her points made before many times — but mainly from those who have chosen and are open to the propaganda— enemies of Israel and the Jewish people.

The writer is urging people to adopt her version of “social justice” by having the “community ask the difficult and uncomfortable questions (of Israel only).” In her letter I see no such questions raised about what the Islamic communities and the state and non-state entities can do to end their jihad and begin sensible solutions for their own people — by treating them like citizens in their own Arab countries, offering them homes instead of refugee camps and stop making Israel responsible and culpable for people who are fighting to erase Israel from the map. Israel does have Arab citizens, more than one million, and all manner of people from around the world, but the Islamic countries have mostly evicted or annihilated their Jews and Christians.

When you open the door to haters so wide that you no longer have the intellectual capability to find out what the enemies of Israel have in store for us, the alliances of our enemies with the groups she idolizes, then a person cannot possibly understand.

**Gary Gerofsky**

## Deeply angry at lack of empathy

As a daughter of Holocaust survivors and born in a DP camp in Linz, Austria I made a promise to my father to defend Jews and Israel. I must express my deep anger at the writer's lack of empathy for her own people. Their suffering at the hands of Arabs is well documented. There is no mention in her letter of the atrocities against one million Jews in Muslim lands. If she represents the younger generation and IJV, we are doomed. That is what the majority of Arabs want, the extinction of Israel. It's a tragedy to see this letter in a Jewish paper.

**Sima Aronowicz**

## Fact-based analysis called for

Ms. Loewith Rochweg has wonderful intentions and a beautiful outlook, but a sober, fact-based analysis of some of her assertions are called for.

Why, when scores of millions of people who were made refugees around the world, is there a separate UN agency designed strictly for Palestinians and with a mandate contrary to every other person on the planet under UN refugee mandates? That being to restrict them from being resettled? Parity would dictate that the approximately 850,000 Jews forced to Muslim countries would be interned for generations. The difficult truth is that because of the Arab states, Palestinians languish in UNRWA camps. Worse, those camps have many teachers who inculcate hatred of Jews. That is not a new or even unpopular idea in the Muslim world, not historically nor currently. Jews were not only slaughtered in European

pogroms, Jews were massacred throughout the Middle East for the past few hundred years, the early 20th century being particularly bloody.

Judea and Samaria are largely governed by a man with a PhD in Holocaust denial. Gazans elected Hamas, Islamist kleptocrats whose political vision is the same as those that govern, Iran, Qatar and now govern Afghanistan. The starting point of any negotiating with these characters or their ilk for Israel, is for a complete and total abolishment of Israel. Is that a conversation Ms. Loewith Rochweg or IJV members have with their children? Is that “the Palestinian families, very much like our own; large, educated, loving and devoted families, who only want for their children the very same thing we want for ours,” people Ms. Loewith Rochweg tells her children about?

**S. Werner**

## Antisemitic ideologies predate Israel

Rachel Loewith Rochweg argues that “We, as a community, must not stifle those who question Israel's political policies.” On the contrary, they are precisely the ones who must be confronted.

My grandparents also fled Europe because of antisemitism, my paternal grandfather from Austria around 1905 and my maternal grandmother and grandfather from Poland around the same time. I was fortunate to be born in Montreal and early on became committed to speaking out against the ideologies where hate festers.

Two of the most antisemitic ideologies to ever exist — Islamism and Communism — stand opposed to modern Israel but their hatred of Jews long pre-dates 1948. Virtually all the charges thrown at the Jewish state since its rebirth originate with them and we have every right, even a duty, to expose them.

For 1400 years, Islam's holy texts have called for the subjugation and death of Jews principally because the Jews rejected Mohammed and his new religion. Jew-hatred existed in Czarist Russia well before the 1917 Revolution. Pogroms persecuted and murdered Jews regularly and out of this sewer of hate came the Russian publication of The Protocols of the Elders of Zion, a fake document claiming to have uncovered a Jewish conspiracy for global domination. Although proven a forgery in the 1920s, The Protocols of the Elders of Zion was cited in the original Hamas charter of 1988 and is endorsed by many Muslim leaders throughout the Middle East where it is widely read to this day.

Given this background, should we throw our support behind so-called “social justice” groups like BLM and Antifa who proudly proclaim their Marxist roots even as they vow to destroy Israel? Or listen to the lying claims of Islamist groups on campuses and elsewhere who support the genocidal Hamas and post their love for Hitler on social media even while claiming that the Holocaust never happened?

It's interesting that two of the most murderous and antisemitic ideologies in history (Communism: 100 million dead; Islamism: 200 million dead) keep intersecting with the third (Nazism: 70 million

---

It's interesting that two of the most murderous and antisemitic ideologies in history keep intersecting with the third. Step back and ask yourself why anyone, especially Jews, would even listen to their versions of peace and social justice. Our democracies are still evolving but I assure you, there is not one thing that we need to learn from Nazism, Communism or Islamism that would make any Judeo-Christian and Democratic society more just, more peaceful or more loving. How dare they lecture us or our children about racism and injustice!

---

dead). Step back and ask yourself why anyone, especially Jews, would even listen to their versions of peace and social justice. Our democracies are still evolving but I assure you, there is not one thing that we need to learn from Nazism, Communism or Islamism that would make any Judeo-Christian and Democratic society more just, more peaceful or more loving. How dare they lecture us or our children about racism and injustice!

**S. Scheffer**

## Reality check needed

Singling out the Palestinians' displacement while ignoring other facts of history and geopolitics is not only superficial but also unjust. Israeli Jews are not the “white colonialists” in this story. They are the returnees to their ancestral land. The circumstances under which this return has come to materialize are complex, holding differing truths and pains.

Nowhere does the writer mention the distress of three generations of Israeli children growing up in shelters of the southern communities in Israel, suffering from decades of rocket attacks from their Palestinian neighbors in Gaza.

Palestinian Israelis hold key positions in Israeli society today, including being members of the Israeli Parliament and recently

of the government. On the other hand, not a single Jew is accepted or welcome in the Palestinian Territories by the Palestinians or by the international community, despite their historical rights.

Loewith Rochweg defines herself as a progressive, as somebody who “struggles to instill her love of Judaism to her children.” I wonder why being a progressive nowadays means means to prefer interpretations of this conflict that would place the Palestinians in a positive light and the Israelis in a negative one? Why is the role the Palestinians themselves have played never acknowledged by these “progressives?” Why is it not acknowledged that they have refused every peace offer of two-state solutions the Israeli governments from the left and from the right have offered on multiple occasions?

As antisemitism soars ever higher, there is indeed a need “to stifle our criticism of Israel.” There is enough Israel-hatred in the world without our help.

I wish for Loewith Rochweg to do some reading and a reality check, which could inform her views on Israel. Two books come to my mind: Letters to my Palestinian Neighbor by Yossi Klein Halevi and The War of Return by Adi Schwartz and Einat Wilf, both available on Amazon. These would also make a worthwhile bed-time reading for her children.

**Judith Coret-Simon MD**  
**Alexander Coret MD**

## Progressive thinking resistant to facts

That respondents to Rachel Loewith Rochweg's letter have expressed anger, outrage, and sadness in reaction to her sentiments is not too surprising. Unfortunately, faux ‘progressive’ thinking, which is so prevalent these days, has shown itself to be remarkably resistant to proven facts, reasoned debate, and geopolitical context, resorting instead to the virtue-signaling platitudes of so-called “social justice” and the scourges of moral relativism, historical revisionism, and critical race theory. Hopefully, Loewith Rochweg is insightful enough to realize that adherence to these orthodoxies and intersectionalities is anything but constructive when Jews or Israel enter the discourse and that, accordingly, she might seek to ensure that what she expresses does not, even unintentionally, play into the hands of those who seek to harm the Jewish collective, both within Israel and in the Diaspora.

While the HJN should be a destination for diverse opinions, there are those who would argue that not even the remotest perception of demonization of Israel should be given a forum in its pages, most particularly at a time when antisemitism is surging worldwide — fueled, to a great extent, by seemingly limitless expressions of flagrant anti-Zionism.

**Lawrence Hart**

The HJN welcomes letters to the editor from community members. Views expressed in the Letters to the Editor section do not reflect the views of the HJN. To submit a letter for publication, email [wshneider@jewishhamilton.org](mailto:wshneider@jewishhamilton.org).

# New generation of leaders want to see more community cohesiveness

CONTINUED FROM THE FRONT PAGE

“When I see someone who really works day and night for a community that he was not born in, and had no allegiance to whatsoever, I thought ... that’s the least I can do is help,” said Alice Mendelson, 43, who joined the Federation board just a few months before Rymberg was hired in 2017.

Mendelson, an experienced teacher and former principal who moved to Hamilton with her husband and their four children in 2016, teaches at Mohawk College’s Career Pathways Program.

After being recruited by Rymberg to head up Federation’s newly formed committee on Jewish education, Mendelson spearheaded a Federation-funded initiative that sent Hamilton Hebrew Academy and Kehila Heschel teachers to Atlanta to take part in a conference for Jewish educators. She also represents Federation on the City of Hamilton’s Anti-Racism Resource Centre. “I’m often asked to speak to different issues as they relate to the Jewish community and I’m building connections and hopefully helping to strengthen the other communities,” she said.

Born and raised in Hamilton, Friedman, 40, returned to her hometown five years ago. Along with her professional commitments that include supply teaching and tutoring, Friedman is a member of Federation’s Holocaust Education Committee, sits on the board of Kehila Heschel, and is a member of Beth Jacob Synagogue’s strategic planning committee. Last year, she was Kehila Heschel’s nominee for a Shem Tov Award for helping the school transition to online learning.

Friedman’s goals for the coming year include helping Federation develop programming more geared to



Jason Waxman



Alice Mendelson



Jamie Richter



Josh Rauchwerger



Romy Friedman

Hamilton’s Jewish singles and to have more of an impact on Holocaust and anti-racism education on public school boards, where she feels antisemitism is an issue.

“I feel that there’s a lot of work that needs to be done to educate teachers so they can educate students,” she says.

Toronto native, Josh Rauchwerger, 42, moved to Hamilton several years ago, when his wife, a haematologist, was offered a residency at McMaster. The couple have two children. Affable and outgoing, Rauchwerger is the co-founder of a company that specializes in wind turbine design and repair. He joined the Federation board after being recruited by Rymberg a little over four years ago.

“I like to get involved and it’s nice to get young people working towards a common goal” he says.

Rauchwerger, along with fellow board member Jamie Richter, co-chairs a committee overseeing the process of bringing Temple Anshe Sholom and Beth Jacob Synagogue under one roof, something he believes will create more community cohesiveness. “It’s how do we keep (both shuls) going, and getting everybody together and make it a thriving community,” he says.

While Rauchwerger believes the traditional model of joining a synagogue or a JCC “doesn’t work” for his generation, young families are still looking to be engaged in Jewish life. That’s where he sees the Hamilton Jewish Federation playing a role.

Jason Waxman, 34, agrees. The former JCC co-president joined the Federation board two years ago, when the two organizations merged their boards.

“One of the driving forces behind

JHamilton was to have as many Jewish organizations under one roof,” he says. “There’s something to be said for being able to walk to somebody’s office from a different organization versus having to set up a meeting. So I think there’s a huge possibility for synergy among the organizations that wasn’t there before. There’s a huge cost saving for all being in one building.”

Waxman says his community involvement — he also serves on the board of Shalom Village — comes from a desire to contribute and have a say in how things function. “I have four little kids and I have a vested interest in their success in the community,” he says.

Waxman says his inspiration to devote so much of his time comes from two sources: the example of his grandfather, the late Morris Waxman, who was president of the Adas Israel Congregation for many years, and the Adas community itself. “When you see your peers heavily involved in things, it’s a positive impetus to get you involved as well. There’s a huge element of taking care of one another. It’s really an amazing thing,” he says.

Waxman also says that sitting on the Federation board has opened his eyes to the growing number of young families moving to Hamilton and he’s optimistic that JHamilton programming can bring the community together. “We’re seeing things open up. We were able to successfully run Camp Kadimah which was great,” he says.

Jamie Richter, 43, had already devoted a good part of the last 12 months to discussions about the future of Hamilton’s Conservative and Reform synagogues, when Gustavo Rymberg asked him to join the

Federation board last spring. What made the busy father of two who runs the Bay-King Chrysler/Dodge/Jeep dealership say yes?

“My respect for him. I think he’s done a great job in the community. He’s been hugely involved in every little piece of it. He’s willing to give his time for anything that anyone asks him for, so if he’s willing to do that, I can give back a little bit more,” said Richter.

It takes vision and courage to consider partnering with another congregation for the sake of a stronger, more unified community, and it takes strong leadership to inspire stakeholders to move in that direction. That Richter and his friend Rauchwerger are suited for the task ahead becomes clear when listening to Richter’s clear-headed thinking on the subject.

“Until now, people have been trying to keep (the two synagogues) sustained for all these years and I think we came into a fork in the road that we said either it’s one way or the other,” he said. “If you can bring the synagogues together and they can be financially a little more stable, instead of just trying to maintain what they have, it can be more of a cohesive Jewish community. I think is a win/win for everybody in the community.”

Whether the strength and unity of Jewish Hamilton of the 1950s and ‘60s can ever be recreated, only time will tell, but all of Federation’s new young leaders agree that more community cohesiveness is desperately needed in a post-COVID world. “Community cohesiveness is the new catchword,” says Richter. “Everyone wants it.”

REGISTER NOW | VALLEYTRAILTOWNS.CA

ONE-OF-A-KIND FREEHOLD RAVINE TOWNHOMES  
COMING TO WATERDOWN



THE TOWNS ON  
VALLEY TRAIL PLACE

Starting from 2,600 Square Feet  
Prices Begin in the \$900s



## Authentic Montreal-Style Bagels



Try our delicious Lox, Chopped Liver, Smoked Meat, Tuna and Egg Salad Sandwiches Assorted Platters & Pastries Knishes, Latkes & Cheese Blintzes Matzah Ball, Chicken Noodle and Minestrone Soup Freshly baked Challah

Save Time. Order Online or  
order through Skip the Dishes or Uber  
Open 7 days a week

Old Bagel House

University Plaza, 101 Osler Dr #120, Dundas (905) 627-5299

oldbagelhouse-ontario.com

# Shalom Village's unsung heroes

Shalom Village staff bring light to residents every day, in the darkest of days

BY LAURIE PRINGLE  
DIRECTOR, COMMUNICATIONS AND  
ENGAGEMENT, SHALOM VILLAGE

IT HAS been said that each of us is a living Chanukah candle capable of spreading our own inner light in the world and living a story of heroism by doing so.

At Shalom Village, we are fortunate to have approximately 300 heroes working within our walls. They are housekeepers, dietary staff, kitchen help, personal support workers, nurses, maintenance and more.

Working in long-term care has always been a labour of love. The people who spend their days, weeks and years working to support our seniors have always been remarkable, dedicated, and loving souls. Those same people have persevered through what is arguably one of the most difficult times to work in healthcare and caring for seniors. And for Shalom Village, the past year, as we know, was exceptionally trying.

During this time, our staff have worked overtime, volunteered to help out with tasks outside of their traditional roles, and done everything possible to not only fulfill their duties, but to do more to make everyday count for the seniors who call Shalom Village home. During the outbreak, some staff slept on-site, taking time away from loved ones over the holidays, to help us navigate through the very worst days of our outbreak.

As many of you are aware, health-care is experiencing a staff shortage.



PHOTOS BY DONNA WAXMAN



**Above:** Shalom Village resident, Manuel Roque shares a special moment with RPN Jill.

**Left:** Shalom Village resident, Pat Proctor gets an embrace from her PSW Emma.

This type of work isn't for everyone. There aren't many people who are willing to step up to care for our most vulnerable seniors. But our incredible staff continue to show up every day, smiling, and ready to put the needs, hopes and desires of Shalom Village seniors first.

Through the darkest of days, these remarkable people enter the room and bring light to the seniors of Shalom Village. They not only provide health-care, but they also read stories, sing, dance, paint nails, and work tirelessly to bring joy, light and love to each and every resident that calls Shalom Village, home.

Many family members have asked us how they can do more to recognize our staff. This year, we are asking each of you to include our heroes in your prayers and to join us as we recognize the many Shalom Village heroes who have worked so hard to support our seniors and their families, since the beginning of the pandemic.

This year's holiday campaign will raise funds to provide every Shalom Village employee with a Heroes at Hanukkah Hamper, brimming with goodies, gifts and treats, as a thank you from the community. The Shalom Village Foundation will raise funds and accept donations of suitable goods to pass along to the wonderful people who share their light and their love all year long, and in the most trying of times.

From all of us at Shalom Village Foundation and Shalom Village: Chag Sameach! We hope you enjoy a Hanukkah full of light and love with the heroes in your home! To donate to our Heroes at Hannukah Hamper, visit [shalomvillage.ca](http://shalomvillage.ca) or contact Laurie Pringle or Kathleen Thomas at [Foundation@ShalomVillage.ca](mailto:Foundation@ShalomVillage.ca). All the money donated will go towards purchasing gifts for our amazing staff.

**Dan MUYS**  
Flamborough-Glanbrook

*Chanukah Sameach*  
to all our friends in Hamilton's  
Jewish Community!

Dan Muys, M.P., Flamborough-Glanbrook  
365 833 2500 | [dan.muys@parl.gc.ca](mailto:dan.muys@parl.gc.ca)

JEWISH NATIONAL FUND OF HAMILTON

**DEADLINE FOR 2021 TAX RECEIPTS**

JNF IS

- WATER
- ENVIRONMENT
- RESEARCH & DEVELOPMENT
- FORESTRY
- COMMUNITY DEVELOPMENT
- EDUCATION

**JNF CANADA**  
BUILDING ISRAEL TOGETHER

To ensure you receive a 2021 tax receipt, please kindly make your contributions, or drop off your Blue Box at the JNF office in the J Hamilton building (1605 Main St. W, Hamilton) by December 17th, 2021. Please contact 905-527-5516 to arrange a pickup if necessary.

# The dreidel game may be Judaism's greatest irony

Chanukah celebrates cultural victory over assimilation, but one of its most popular symbols actually has its origins in an ancient European gambling game

BY **RABBI AARON KUTNOWSKI**  
SPECIAL TO THE HJN



EACH JEWISH holiday has its own unique *mitzvos* and *minhagim*. (commandments and customs). During Pesach we eat matzah and search for the *afikoman*; During Sukkos we sit in the *sukkah* and we dance on *Simchas Torah*; over Chanukah, we light the candles and eat foods made with oil. While every mitzvah has its origin in the Hebrew Bible, *minhagim* generally emerge from particular places and societies. This explains how Jews from different geographical locations will have differing *minhagim*. At times *minhagim* are born out of Jewish creativity, and at other times they are simply outgrowths of the host culture they are currently living within, all of which can lead one to wonder about the origin of the custom of playing with a *dreidel* on Chanukah?

There are many ideas taught around the *dreidel*, that would lead one to conclude that they are a Jewish invention. For example, the modern *dreidel* has the Hebrew letters *nun*, *gimel*, *heyh*, and *shin* in the diaspora, while having *nun*, *gimel*, *heyh* and *peyh* in the land of Israel. The letters are explained to be an acronym for the phrase, *nes gadol haya sham* — a

Scholars believe the dreidel game has its origins in a popular 16th century Irish or English gambling tool called "teetotum," that was used as an alternative to dice.

great miracle happened there, or *nes gadol haya po* — a great miracle happened here, referring to the miracles of Chanukah. It has also been suggested that the usage of the *dreidel* game that took place at the time of the Maccabean revolution was to remove suspicion from the young children of committing the Greek sin of learning and studying Torah. This was done during learning sessions by taking out the *dreidels* when Greek soldiers approached, giving off the impression that they were doing nothing but gambling. When the soldiers left, the students would continue studying the Torah. Though, it would seem that the *dreidel* must have been a Jewish

creation, this does not seem to be a historical fact.

In actuality, the origin of the *dreidel* is a game called *teetotum*, which is found among numerous ancient peoples, in various languages, across millennia. In fact, some weren't even four-sided. The earliest records of this gambling game date back to circa 100 BCE. Ancient Greek *teetotums* were in fact four-sided, but many surviving examples of them are six-sided, like our modern dice.

If this is the *dreidel's* true origins, it seems quite ironic that the holiday of Chanukah, which celebrates the affirmation of a uniquely Jewish national identity — specifically overcoming

pressures of assimilation of a host nation — would be commemorated with one of the enemy's own games. On top of this, some have the custom to still use the *dreidel* to gamble, which is definitely not a Jewish ideal. How can we make sense of this?

As a point of order, there are some *halachic* authorities who say it's only permitted to play with the dreidel without the gambling components, for a short amount of time, and there are even those who avoid playing with the *dreidel* entirely. Other authorities speak very strongly of the tradition of playing *dreidel* on Chanukah, calling it an early custom.

It is clearly a widely-enjoyed custom, but how can these varying points be reconciled?

It seems that it is precisely the assimilation of a secular game into the Jewish culture that shows our true victory over the Greeks. We do not play with a *teetotum* or modern spinning top — we play with a *dreidel*. The term *chinuch*, meaning education, is the root of the word *Chanukah*, and the *dreidel* is used to teach many Jewish lessons. Every aspect of the *dreidel* is an opportunity for another Jewish lesson. For example, it is explained that the dreidel is spun from above to hint to the fact that the miracles of Chanukah came from *Hashem*.

In a reality where external pressures aren't going away, we commemorate overcoming assimilation by incorporating an external practice, but implanting spiritual significance to every aspect of it.

Rabbi Nachum Aaron Kutnowski is currently a Judaic Studies teacher at the Hamilton Hebrew Academy, as well as at the Hamilton Kollel.



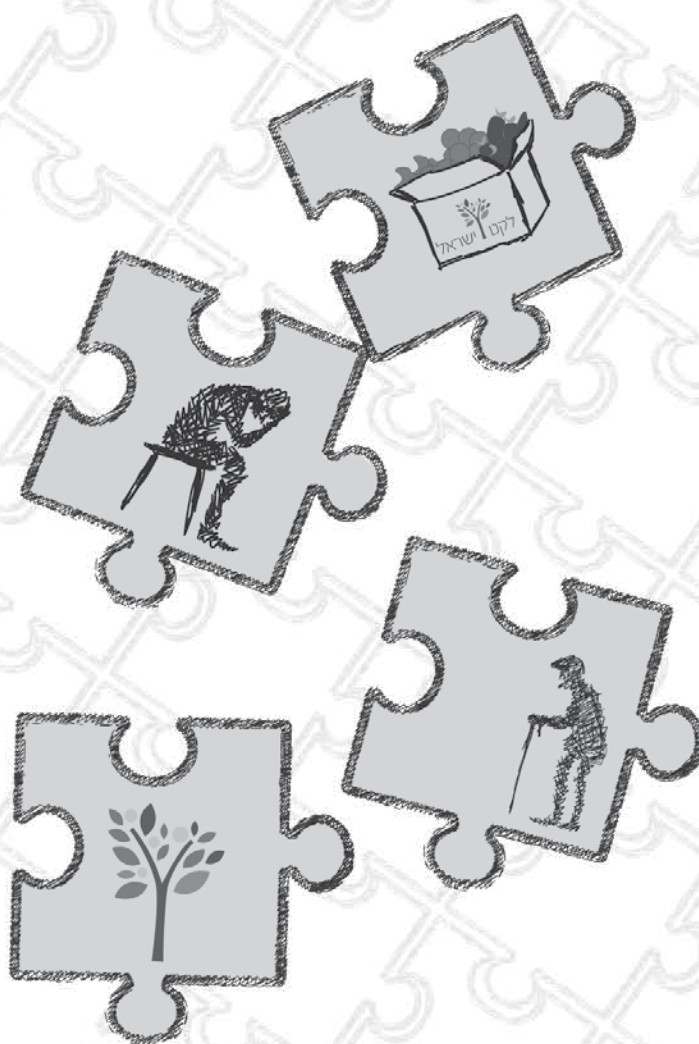
**Let's do something good for our community.**

Together, we can rescue and distribute more fresh and nutritious food for Israelis in need.

With your help, we can ensure their fridges are full all year long.

[donate.leket.org/en](https://donate.leket.org/en)

**\$54 = Produce for 13 families for one week**



# Executive function skills: Why they matter and how to help

NowWhat Support Services helps kids, teens and adults identify their blind spots and find self-regulation strategies to gain competence and confidence in their day-to-day lives

BY RINA RODAK AND MILENA ROMALIS, SPECIAL TO THE HJN

**LOST PAPERWORK.** The panicked hunt for a missing device as the bus pulls up. Forgotten assignments being scribbled out madly the night before they're due. Laundry piling up and take-out for dinner again because there are no groceries in the fridge. Frustrated yelling matches over piles of junk, undone chores and calendar fails.

What's the common theme behind all these scenarios? Three words: executive function skills.

Executive function (EF) and self-regulation skills are the mental processes that enable us to plan, focus attention, remember instructions, and juggle multiple tasks. They help us get organized in space and time, see what's coming next, and decide what action to take to get there.

Psychologists have been studying EF for decades, but recently it has become something of a buzzword in the world of education and mental health—for good reason. Assessments of EF are the single biggest indicator of academic, professional and personal success, and it's hardly surprising; these skills underpin our efficacy in every area of life, at home, school, work and in our primary relationships. EF skills control things like impulsivity, cognitive flexibility, emotional regulation, task initiation and completion,

working memory, planning and organization, and attention and focus.

There are many complex reasons why we might be seeing such a sharp rise in EF challenges in the past decade. Our reliance on electronic communications and maybe-not-so-smartphones means that we no longer have to exercise the part of our brain that retains and recalls information. Sensory input comes at us relentlessly from every angle; young brains developing in a culture of flashy 15-second sound bites mean that our attention spans are being trained to become progressively shorter, while our brains become increasingly reliant on the dopamine hit we get from the shiny, the new, and the instantly gratifying. We're being re-wired at a cellular level by external stimuli. As a culture, it feels like we are simultaneously busier and less effective than ever.

People managing ADHD face particular EF challenges due to lowered activity in the areas of the brain that control these functions. Sometimes, ADHD-related EF deficits can be treated with stimulant medication that "wakes up" the prefrontal cortex. More often, the answer is the slow and steady development of strategies and skills we call scaffolding. Some of us seem to absorb these skills through osmosis, but others need to be explicitly



PHOTO BY LAURA JANE

Executive Function bootcamp client Jax works on his "before, during, and after" skills at home.

taught by specialists. Where our school system fails our children is in not teaching kids these skills directly as the basic foundations of all learning. Without these key pieces, academic success becomes more difficult.

At NowWhat Support Services, a comprehensive therapeutic clinic in Ancaster, we work one-on-one and in groups to help kids, teens and adults identify their blind spots and find life hacks and self-regulation strategies to gain efficiency, competence and confidence in their day-to-day lives.

We can help parents set their kids up for success by finding ways to remove distractions from their child's routines, shifting the dynamic from telling kids what to do, to helping them own their decisions and move toward greater independence. Take tackling weekday morning chaos for example. Younger kids might need to spend 15 minutes with you on Sundays selecting a complete outfit for each day of the week

to remove the thinking from getting dressed each morning. For grade school kids, their dresser may need overhauling to only contain current parentally approved, seasonally appropriate choices—nothing else!—and have each category of clothing stored separately in a clearly defined drawer in the order they put it on their body, to limit choices and distractions. Teens may find it helpful to use a big analog clock with sections chunked out in whiteboard marker to help them move through their morning without losing track of time. Adults may find reminders on their phones or Alexa, or having a giant post-it-note calendar in the kitchen helpful. The key is finding what works for you.

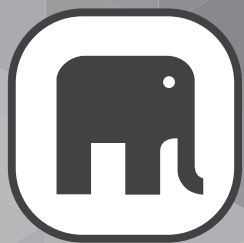
Executive function, self-regulation and distress tolerance skills are woven into almost everything we do at NowWhat. We don't worry about pathologizing or diagnosing every challenge; we focus on finding the best way to support

each individual and their family. Often that doesn't happen inside the four walls of a clinical room, especially with kids, so whenever we can, we bust "therapy" out of the box and into real life—into the kitchen, the forest, the community. Kids are learning these skills in situations that mirror their real lives, so they tend to 'stick' a little better and translate into positive changes at home and school.

The No. 1 strategy Rina likes to pass on when helping kids and adults is the Pause and Plan reminder. It's easy to burn through your day reacting to every curveball thrown at you. Before you know it, it's bedtime again and you feel like a hamster on a wheel—getting nowhere fast. Something as simple as deliberately taking three deep breaths before responding can buy you the time you need to let your brain have a say in a situation. And it's so important to invest your time in solving the right problems, which can be really hard to identify when you're stuck in the middle of your own personal hurricane!

When Rina works with parents, she helps them collect the data as objectively as possible and work out how to parent their actual children instead of trying to live up to some external ideal of what good parenting or good kids should look like. Every family has its own dynamic. Finding out what your big picture values are can help tweak your approach to line up with your goals and priorities.

In the end, NowWhat is all about creating a little more shalom in the home.



EFFORT  
TRUST

The Effort Trust Company  
wishes our wonderful  
Jewish community a

*Happy and Healthy Chanukah!*

efforttrust.com

# The many faces of Dennis Nash

Wayne Gretzky's favourite elementary school teacher converted to Judaism and became an expert in Holocaust education

BY WENDY SCHNEIDER  
HAMILTON JEWISH NEWS

THE MOHAWK College auditorium was filled with 1,000 students, whose rapt attention was focused on the diminutive man on stage, his passionate words and dramatic gestures punctuated by a series of slides projected on to the massive wall behind him. The occasion was the Student Symposium on the Holocaust, offered annually by the Hamilton Jewish Federation, and the speaker was Dennis Nash. I marvelled at his mastery at bringing the horrors of the Shoah to a level to which his audience could relate, and I wondered to myself, who is this man?

Dennis Nash, now 72, and retired, is many things. A teacher of the deaf, a convert to Judaism, and an expert in Holocaust education. He also happens to be Wayne Gretzky's favourite elementary school teacher.

Nash was born and raised in Hamilton to a family with immigrant roots. His maternal grandfather, who immigrated to Canada from the Ukraine and spoke seven languages, wanted nothing to do with religion. Years later, Nash realized this may have been connected to the fact that when his grandfather was younger, Jewish boys from the age of 12 were drafted into the Czarist army for 25 years. Nash's mother used to talk about her mother making latkes and washing her hands three times, which may have come from a Jewish handwashing ritual.

When Nash was in his early 20s, he made an appointment to see the Adas Israel's Rabbi Morton Green and Temple Anshe Sholom's Rabbi Bernard Baskin. As is the custom among orthodox rabbis who turn away those seeking conversion at the first attempt, Rabbi Green was unwelcoming, but Nash found a sympathetic ear in Rabbi Baskin.

"He said, 'Sometimes, there are Jewish souls out there that are searching ... they just haven't found their place, and maybe this is your place,'" says Nash.

That conversation was all Nash needed to begin attending Shabbat services for the next five years. In 1977, he was officially converted.

Eventually Nash married, he and his wife agreeing to raise their two sons in both the Jewish and Catholic religions. But when he was sitting in church with his son one day and heard a priest say that the Jews were responsible for the death of Jesus, he knew he couldn't keep silent.

"Father," he said to the priest afterwards, "you just said it was the Jews that killed Jesus, and

they're to blame. Is that correct?" When the priest answered in the affirmative, Nash took his son and left. A few years later, when the same scenario took place at a different church, Nash had had enough. He called up Rabbi Irwin Zepowitz, who told him, "Dennis, once a Jew, you're always a Jew. Welcome back." Nash's marriage ended shortly after.

While all this was unfolding in Nash's personal life, he was enjoying professional success as an itinerant teacher of the deaf for Hamilton's Catholic school board. One day in 1993, the head of the Catholic board asked Nash whether he'd like to sit on a committee that had been created by three women from the Jewish Community Centre to bring Holocaust education to Hamilton high schools. Thus began Nash's long working relationship with Nadia Rosa, Bev Lasky and the late Moura Wolpert, the driving force behind what would become an annual symposium on the Holocaust for Hamilton area high school students. Nash vividly recalls the early years, when the event took place McMaster University.

"We had students sitting in the aisles ... it was just overwhelming the response we had."

It's unlikely that Nash could have imagined that first year, that he would be the symposium's keynote speaker one day, which he was, in fact, on two occasions. But there's no doubt that this period marked the beginning of what Nash describes as a calling.

"Getting into Holocaust education was something that I had to do, because when I presented, I felt so much passion and I wanted to relate that," he said.

In 2007, Nash took part in a three-week course at Yad Vashem, a life-changing experience that inspired him to create a workshop called, "How to teach the Holocaust in 100 minutes." The workshop included step-by-step lesson plans for Grades 7 - 12, a DVD that highlighted the five systematic steps employed by the Nazis against the Jews: legalization, isolation, starvation, transportation, and extermination; and suggestions for how to engage students in critical thinking about racism and intolerance in general. When his Yad Vashem colleagues learned about the workshop, they invited Nash back to Jerusalem the following summer to give his presentation to 800 educators from around the world.

Of all his many accomplishments, there's one that lights him up the most these days, one that's captured in a video made in 2017 of a surprise visit Wayne Gretzky



PHOTO BY ZACH NASH

**Above:** A retired teacher of the deaf, Dennis Nash converted to Judaism in 1977 with Temple Anshe Sholom rabbi emeritus, Rabbi Bernard Baskin.

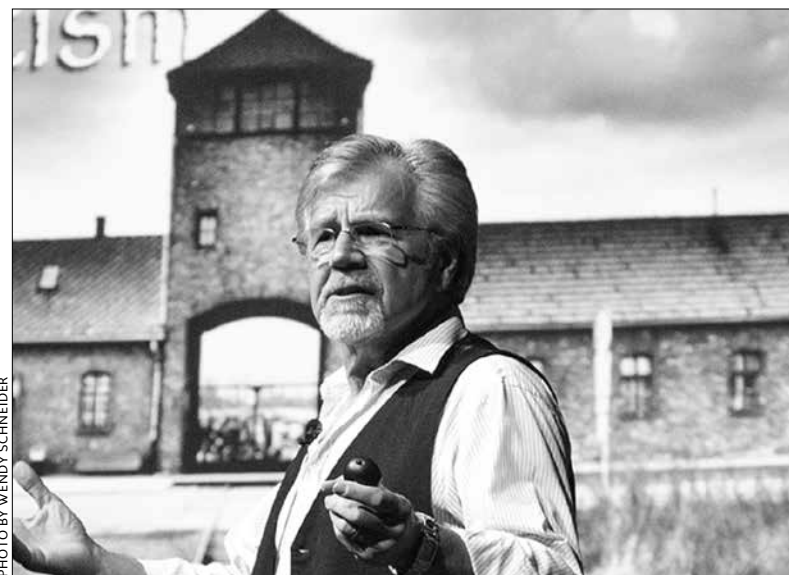


PHOTO BY WENDY SCHNEIDER

**Left:** Nash, who is also an expert in Holocaust education, gives a keynote presentation at the Hamilton Jewish Federation's annual Student Symposium on the Holocaust in 2007.

made to his elementary school. The three-minute clip opens with Gretzky chatting from the backseat of a car. "I'm going to my grade school and I don't think anyone knows I'm coming," he says, adding, "My brother tracked down an old school teacher who I loved, Mr. Nash, and he's coming today, too."

Nash's first job after graduating teacher's college was teaching Grade 7 and 8 at Greenbrier Public School in Brantford. The year was 1973.

"You've got this kid Wayne Gretzky," he remembers other teachers telling him before the school year started. "This kid is really good in hockey but if he misses doing his homework, comes in late or tired, you tell the parents what the expectations are."

Nash recalls not wanting to hear anything from other teachers about students. He wanted to find out for himself.

The Greenbrier Public School gym was filled with students the day that Wayne Gretzky strode in to surprise them and his former



PHOTO COURTESY OF DENNIS NASH

A young Wayne Gretzky poses with Nash, who was his favourite elementary teacher.

teacher. As soon as he spotted Gretzky, Nash bounded up to him to say hello, but Gretzky had other ideas. He hugged Nash and introduced him to the awed students.

My first love was hockey and baseball, not school," Gretzky told them. "Mr. Nash was the first teacher that let me do a book report on Gordie Howe. So, I got to do a story on somebody I loved. I read the whole book, he gave me an A, and that kind of changed my whole life in school."

Gretzky went on to tell the students another favourite memory about the epic three-hour ball hockey games he and his classmates would play with Nash on Friday nights. When it was Nash's turn to speak, he held up a wooden trophy Gretzky had made for ball hockey championships, which he affectionately called the "Nash Cup."

Somehow, Nash had the foresight to ask Gretzky to sign the bottom. "He was so humble, he didn't want to sign it," Nash told the students, turning the cup upside down and showing them what just might be the oldest autograph Wayne Gretzky ever gave.

Years later, Nash tried to return the trophy to Walter Gretzky. "Dennis, I can't do that," he told Nash. "Wayne made that trophy for you, and that trophy will always be what keeps the Nash family and the Gretzky family connected."

And that's why the Nash Cup remains one of Dennis Nash's most prized possessions.

# KADIMAH

## JCAMP WINTER 2022

Hamilton's favourite Jewish day camp is back! Our 2021-22 winter is set to be our best yet. Make sure to register early as spaces will be limited in compliance with all public health and ministry guidelines.

Session 1 • December 20 to 24

Session 2 • December 27 to 31

9.00 am to 3.45 pm | \$170 p/child p/session

For the Kadimah Winter Camp scholarship program please visit <https://hamiltonjewishfederation.regfox.com/winter-camp-scholarship-application> or contact Jenn Laslo at [jaslo@jewishhamilton.org](mailto:jaslo@jewishhamilton.org).

Arts & crafts, science & nature,  
special guests, off-site adventures  
and much more fun!

Prior to registering for winter 2021-22, we encourage all new and returning families to review our updated, Safe camp policy, conditions of enrolment, Special participation agreement and waiver of liability, and our new COVID-19 FAQs. Please note a COVID-19 Screening Form must be submitted before each day of camp.

**REGISTER YOUR KIDS TODAY**

<https://hamiltonjewishfederation.regfox.com/jcc-camp-kadimah-winter-2021>

FOR MORE INFORMATION PLEASE CONTACT

JENN LASLO AT [JLASLO@JEWISHHAMILTON.ORG](mailto:jaslo@jewishhamilton.org) | 905.648.0605



# Let's Make Miracles!



This Chanukah, we are grateful for your generous gift – a miracle in its own right – that allows us to continue providing services to the organizations and individuals we serve.

And together we will also be able to make miracles in the lives of those in need. Chanukah is the perfect time to get involved with Hamilton Jewish Federation and make a small but mighty change in your community.

Like the dreidel says, “A great miracle happened there.”  
And with your support, great miracles happen at home, too.

<https://jewishhamilton.org/2022-donate>

#### PLEASE HONOUR YOUR PLEDGE TODAY!

Please honour your pledge by Friday, December 31 to receive your 2021 tax receipt.  
Send your cheque, pay online or call the Federation office by noon on December 31.

905.648.0605 x303 | 1605 Main Street West, Hamilton, ON | L8S 1E6

\*A charity can only issue a receipt for the 2021 tax year if the donation was received in 2021.  
If the postmark on the envelope containing the donor's payment is dated on or before December 31, 2021, this is also acceptable.

## An inexplicable tale



Phyllis Shragge

LILLIAN WAS the epitome of contradiction: loving but difficult; unselfish yet combative; big-hearted but critical of others. Perhaps her perplexing personality was off-putting to some men, but just when she was certain of her future as a spinster, she found the love of her life. She and Sam were married in January 1947. A baby boy was born just months later, in October.

The couple was far older than most new parents of their generation. Lillian was in her late 30s. Sam was 47 years old. They were thrilled with their newborn baby.

Sam was president of a Winnipeg scrap metal business he'd inherited from his father. Sam had revived the business and he was determined to keep it afloat. Lillian was a full-time homemaker. She had left her job selling fine jewelry once she and Sam got married.

On January 26, 1948, they were one year into their marriage and their baby was three months old. Sam's day at work was uneventful. Once home for the evening, he was hoping to relax when he received a phone call from a client. Lillian later recounted his end of the conversation. "Let's meet at the scrap yard tomorrow," he said. "We'll sort everything out."

When Lillian and Sam climbed into bed later that evening, they fell asleep immediately, barely aware that a storm was brewing outside.

Sam slept soundly, but Lillian's sleep was a whirlwind of distressing images. She floated in and out of a terrifying dream that would change her life forever.

Years later, when Lillian described her dream, she said she knew it was a premonition, a dire warning of what was to come. The dream predicted a catastrophe. Sam was in danger. She needed to stop him from going to work the next day.

As a Jewish woman with a strong adherence to her faith, she believed in God. But would God send her a message in a dream?

The next morning, she was distraught. She woke up early, hearing the wind howling outside the bedroom window. She peeked through the curtains and saw

snow pounding every surface. It was the beginning of a snowstorm.

She woke Sam up and tried to describe the dream which was so clear, but so abstract. She pleaded with him not to go to work. She insisted that something terrible would happen if he left the house. She begged him to stay home.

Sam wouldn't listen. He knew that as the head of his company, he could not shirk his responsibilities. He had an appointment to pick up a business associate and the two of them were to meet a client at the scrap yard. He would not disappoint the client.

Once again, Lillian begged him to stay home. She fought back the tears as he left house and drove away. She would never see him again.

As Sam and his business associate drove towards the scrap metal yard, the storm worsened. The blinding snow obscured Sam's ability to see more than a few inches past his windshield. At 11:45 a.m., Sam drove through a railroad crossing four miles east of the town of Transcona, near Winnipeg. A train plowed into Sam's four-door sedan. He and his associate were killed instantly.

Sam's shocking death on January 27, 1948 changed Lillian forever. She was now a single mother. A few months after Sam was killed, Lillian's parents moved into her house to help raise the baby. She would dedicate every ounce of her energy to her son, Bill. She never remarried.

Lillian was my mother-in-law. She was a strong, sensible (and yes, difficult but loving) person who, because of one dream, developed a firm belief in the paranormal. She knew without a doubt that she and been warned about her husband's impending death, but no matter what she did, she could not change the course of destiny.

Lillian knew that there is so much we do not understand. And there is only so much that we can control.

Phyllis Shragge is a local writer, mother of five, and grandmother of four.

## Recalled to life



Harvey Starkman

ABOUT A WEEK ago, I received a summons to report for jury duty. Like most people, I was not happy to be called. I wasn't concerned about lost time or wages, or the interruption to my daily routine. What I was concerned about was having to be indoors for an extended period of time in close proximity to a whole lot of people I didn't know. But being over 70, I got to play my "Get out of Court Free" card, and the summons disappeared.

Not so long ago, serving on a jury might have seemed like a welcome and interesting diversion from my daily life. I'm retired, curious, a fan of courtroom dramas. I could have easily taken public transit to the courthouse. My wife and I would often subway to the theatre nearby and comfortably settle in to watch a play with hundreds of people around us.

It's been about 20 months since we've done that, and the thought of doing it again still doesn't appeal to me. COVID-19 has made me and many of my generation not only careful but cautious. While young people have responded to the opening up of the city and the province with a joy super-charged by release from enforced isolation, folks like me are still holding back.

Let's face it: COVID-19 has been the greatest collective trauma most of us have experienced. If you were anxious to begin with, the sudden appearance of the virus and its terrible impact on what we thought of as our "normal lives," magnified our anxieties exponentially. What exactly were we afraid of? A potentially deadly, invisible virus and people who might unknowingly transmit it to us or our loved ones? A future whose shape we could not make out? The pandemic scared many of us badly, and that tight, anxious feeling may take time to unwind. But it also gave some of us an excuse for not doing things that we didn't enjoy anyway, a licence to shut down and to disconnect.

My court summons was actually a call to reconnect with people and the daily flow of life; a call to return to the wider

world, even though we do not yet have a map of its new borders. Then how do you navigate a safe transition? If you're lucky and have a lot of choice, you survey the landscape yourself and make decisions that reflect what you value and what you fear. In the simplest terms, you evaluate risk against reward; then you act.

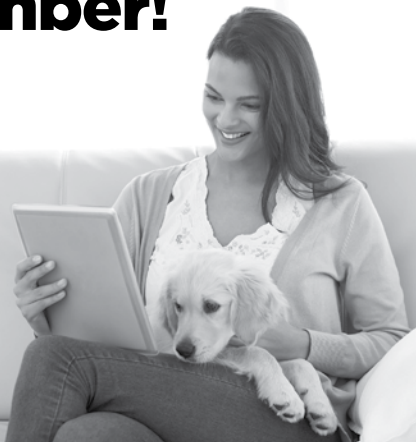
I was blown away watching the crowds at the World Series games. Unmasked, tightly packed, loudly cheering – even in Atlanta, the home of the Centers for Disease Control. What were they were thinking! Did they weigh the risks? Did they believe that even if the risks were high, the rewards were too? Or did they believe that the rewards were high and the risks low?

We are probably at a time where I could and should be reconnecting with society more than I've allowed myself. One of my challenges in reconnecting is balancing my desire to participate in the world again with what I know about the risks of COVID today. I know that high vaccination rates along with other public health measures have kept daily COVID cases low. Even so, I'm still not ready to go to a restaurant to dine indoors. Would it be high risk behaviour? Likely not. But at this point the value I place on the reward is not high either, especially when other attractive alternatives are available. On the other hand, the rewards of watching any of my five grandchildren play hockey in arenas where I'm screened before I enter, masked, and able to distance myself from others is a risk I'm more than willing to take. For many, this may not be a big and daring step, but for me, it is a step in the right direction.

Harvey Starkman finds writing for the HJN and its readers a very rewarding experience, worth all the risks that writers face. Happy Chanukah!

## In just a few weeks your dog becomes a well-behaved family member!

- Online Classes or In Person Classes
- We have online students in 29 countries around the world – including Israel!
- Put an end to Barking, Nipping, Chewing, Jumping Up, Pulling on the Leash
- More Than 500 Free Educational Videos on our YouTube channel



MCCANN DOGS



**McCannDogs.com**

We've helped more than 100,000 dogs become well-behaved family members. And we can help yours too...online or in person. Contact us today!



VINE and PARTNERS LLP  
Chartered Professional Accountants

- Audit and Review Engagements
- Not-for-Profit and Charity Engagements
- Corporate Tax and Reorganizations

**A Partner to Grow With**

Brock Whitwell, Partner, CPA, CA, B.Comm  
(905) 549-8463 Ext. 243 • brockw@vine.ca

vine.ca

## Home visit



Samantha Winemaker

I PULL UP to the house of a patient and family I am about to meet. I often joke that as a home visiting palliative care physician, my car is my mobile office. Purposely, I only buy white cars because my arrival is often seen as an omen. Black cars, especially sedans, feel too much like the hearse has just arrived. Similarly, I never dress in all black when I'm working.

I know that whoever I am about to meet is likely in crisis. I know this because their stories have in common an underlying sense of loss of control and fears about "what is coming." Most people I meet who have been diagnosed with a progressive life-limiting illness have very little understanding of their illness. They travel blind along their illness journey.

Before I enter the home, I gather as much information as I can from the patient's medical records. I do my best to understand what they are diagnosed with and when they were given this news. Have they been fighting this illness for years or did they just get diagnosed a few months ago? How "raw" will I find this patient and family? Patients and families loathe having to retell their medical history over and over again to each new clinician. They appreciate that I have done my homework before I meet them.

But, the medical records only go so far in terms of painting the full picture. The detailed medical documentation is technical and essentially void of the 'soft' information that will help me understand the person I am about to meet.

Often I don't know how much the patient and family know about what they are facing. Do they realize this is a non-curable illness? Are their expectations that they will stabilize or improve over time? I know I will need to tread carefully at first, to gauge how best to communicate with this patient and family.

I enter the home and always take off my shoes at the front door. When I was growing up, this was always the expectation in my home. Usually I am met with comments like, "Dr. Winemaker, you don't have to take those off!" But I do anyway, to signal that I am a respectful guest in their home. "I've brought you your newspaper from the driveway," I offer.

Immediately, I take note of the interior of the home. Who is this person? Is the home clean, cluttered, full of art, organized, is there evidence of religious symbols or are there pictures of family?

"I'll follow you," I say. The family usually escorts me to where the patient is sitting or lying in the home.

"Hello Lilly. My name is Dr. Winemaker. Please call me Samantha. It's good to meet you." I offer my first name as a way to humble myself and invite a more relaxed conversational atmosphere instead of a military style assessment.

I start by stating why I have come, "to help make you the best that you can be, given the circumstances." Who can argue with that? I don't mention that I am a palliative care doctor. The 'p' word is too loaded with emotion and I remind myself that I don't yet know how much they know. I sit myself close to the patient so that I can give them my full attention. Often I joke that the TV needs to be turned off or I might start watching it! They laugh. The atmosphere softens.

I read their faces, their posture, how still or fidgety they sit or stand. I am aware that they are reading me too. I invite everyone to sit even if we must pull chairs in from the other rooms.

I reassure them that I have read their medical records and have a general sense of their story. I offer to tell them what I know about the nuts and bolts of their illness, but I always ask first, "Is it okay for me to speak openly?" The patient usually says 'yes' but I often notice the worried stares from others in the room. I know they are wondering how much I am going to tell.

Moving past this clinical foreplay I muster up the courage to get to the next layer. It must be done. I remind myself that I am there to be helpful and I cannot shy away from the difficult task of moving from sharing the technical details of the illness to untangling the meaning of their medical story for them. I must find permission and the words to confirm for them that their illness is non-curable, progressive and will shorten their life.

I used to worry that it would be at this point in the visit that things would sour. But it never does. The most ironic part of my work is that people typically feel better with realistic information — for better or for worse.

I put my shoes back on, and just before I leave, I am usually treated with a big hug or two. Back in my car, I take a deep breath. Off I go to the next home where I will most likely meet another patient and family who will need to be guided out of the dark.

Dr. Samantha Winemaker is a palliative care physician based in Hamilton. Twitter @Sammywinemaker Instagram Sammy.winemaker

## Stay offline, baby



Abiella King

I KNEW she was expecting, and after a months-long hiatus from looking at Instagram, I was happy to see a birth announcement appear in my feed. There he was, seconds after birth. There was his name — first, middle, and last. I watched clips of their first hours together, and it took me back to the hospital room where I met my son for the first time. Further down the feed I saw another post, this time about a 20-month-old who was finally, finally sleeping through the night. I thought about how lucky we were to be raising a relatively easy sleeper, and imagined the relief her mom must have felt. I know that feeling too.

Depending on your own scrolling habits, and familiarity with the vast multiverse of what some call "mom-stagram," it may not surprise you to learn that I don't actually know these people. They are popular influencers I started following after I gave birth. They've never met me, but they share with me the intimacies of their lives. Of course these images and stories are carefully curated, but that doesn't lessen the vulnerability they transmit. Each time I pick up my phone to check in, I am engaging in a phenomena written about long before Facebook graced our desktops: a parasocial relationship. These result from the "illusion of face to face relationships with the performer." They are "one-sided, non-dialectical, controlled by the performer, and not susceptible to mutual development."

I do not call out these women performers to diminish what they share, or to question their intentions in sharing it. I started following them because I was hungry for information and reassurance, and they delivered this in spades. They helped me with naps and breastfeeding. They kept me company during 3 a.m. feeds. Sometimes (maybe more than sometimes), they told me what products to buy. Still, their stories offered comfort and insight, and a semblance of connection to something outside of my small quarantine bubble, and the hours spent alone on a playmat. I was not an influencer, but I deeply understood this impulse to share. I was posting snippets too — of my son during tummy time, of my son smiling for the first time, of my son trying solid foods. It felt good to present proof of my labours to the world, to be rewarded with messages and pink hearts floating across the screen. What harm was there in that?

The answer to that question arrived when I was introduced to the concept of "Sharenting." It's what "happens any time an adult in charge of a child's well-being, such as a parent or a teacher, transmits private details about a child via digital channels." It's what I was doing when I posted a video of my son to my 326 Instagram followers, or 843 Facebook friends. This is not a humble brag about the size of my social network; the point is that the majority of my followers are not people I speak to or see on a regular basis. They are not people I would send a birth announcement to, if I was the kind of person organized enough to send such a thing. So why was I effectively sending them multiple photos and videos of my son? And what would the children of these influencers, the ones whose names and sleep habits were as familiar to me as those of my own child, think when they were old enough to understand the degree to which their young lives were witnessed by strangers, however kind and well-intentioned those strangers might be?

The day I heard the word "Sharenthood" for the first time, I reacted with uncharacteristic impulsiveness. I disabled my Instagram account, only enabling it after removing every image and mention of my son. I do not think this choice is simple for many of the women I follow, whose work and income is dependent on the content they share, who share their families to support their families. I had nothing to lose, and my son had everything to gain: privacy and a chance to choose when and how to share any part of his identity online.

I still delight in showing him off to the world, but that world has shrunk to the people we would happily open our photo albums to. Our family and friend group chats are teeming with baby content, and I am grateful for this gift of virtual connection to each other and our children. I am still drawn to the work of mothers, to the words that so vividly capture the experience of new parenthood. These stories are just as powerful bereft of the photographs and videos that no longer feel like mine to look at.

And if you do find me online, I hope you'll recognize a proud mother who is eager to tell you all about the son you don't see.

Abiella King is a senior manager in Human Resources who lives in London, Ontario with her husband and son.

# #nomoreantisemitism | November 19-21, 2022

INTERNATIONAL CONFERENCE ON ANTISEMITISM | HAMILTON, ON, CANADA

Art Gallery of Hamilton | David Braley Health Science Centre

Funded by



presented by



# SUSTAINABILITY TOPS CONCERNS FOR ECO-FRIENDLY FURNITURE STORE

## Tepperman's focused on minimizing waste going into landfills

**T**AKING CARE OF its employees is at the top of the list of guiding principles for Tepperman's furniture, mattress, appliance and electronics stores. This became even more important when the COVID-19 pandemic hit.

"Yes, we have a retail business to run and there are many things that have to happen to make it run, but we always make sure that we do that in accordance with our values," co-owner Noah Tepperman says.

This has meant using a phased approach to having employees return to on-site work, guided by each employee's comfort level. Communication has also been key. The company has sent out frequent newsletters detailing safety protocols, supply chain updates and information on support for employees. They also shared customer feedback and updates on events at each store location, staff milestones and achievements and charity and community involvement. Noah and his brother and co-owner, Andrew, also regularly check in with staff at each location.

Tepperman's was started by Noah and Andrew's grandfather, Nate, in 1925. It now has six southwestern Ontario locations, including one in Ancaster. The company has a long history of community involvement, one that the brothers continue today. Recently the Tepperman's

Ancaster location held a purple pumpkin sale to support Essential Aid and Family Services of Ontario, which provides assistance to families in need with babies and toddlers.

"We really encourage each of our locations to do things that are important to them and create relationships with organizations that are important to their staff and their communities," Tepperman says.

Tepperman is especially proud of the company's partnership with Habitat for Humanity, which involves donating items they need to move out of inventory to the charity's ReStore locations. ReStores are home and building supply stores that accept and resell quality new and used building materials. Funds generated are used to fund local Habitat for Humanity homebuilding projects. Tepperman is also pleased that this initiative helps keep items out of landfills, as sustainability is one of the company's key commitments.

Tepperman's recently planted pollinator-friendly gardens at its London and Ancaster locations. It is also awaiting its first solar panel installation at one of its locations. At its Windsor and London distribution centres, the company invested in foam densifiers.

"Transporting Styrofoam is very inefficient and sending it to a



Noah Tepperman, pictured above with his family, is proud of his company's partnerships with many community projects.

landfill impacts the environment. Since Styrofoam is largely made up of air, we use a machine that releases the air from the Styrofoam, which us to transport it in a much more efficient manner and work with recycling companies who can repurpose it." Tepperman says.

"Sustainability is really important to us. We have been working on this for a number of years and each year, we get more sophisticated in our approach and it becomes more a part of our business operations. If we can keep items out of landfills or contribute to sustainability in other ways, the better it is for our communities in the long term."



Clockwise from top left: Company founder Nate Tepperman; Tepperman's Ancaster store; Tepperman's 2,500 ft pollinator garden at its London, Ontario location.

Wishing the Hamilton community a Happy Hanukkah, from our family to yours.



# HAPPY HANUKKAH

LET THE LIGHT SHINE BRIGHT

Furniture · Mattresses · Appliances · Electronics

45 Legend Court, Ancaster, Ontario



**TEPPERMAN'S**  
PROUDLY CANADIAN & FAMILY OWNED SINCE 1925



Andrew Tepperman

Noah Tepperman

# Young adult book lifts curtain on Jewish funeral rituals

BY WENDY SCHNEIDER  
HAMILTON JEWISH NEWS

A LOVE LETTER to her father. That's how author Joanne Levy describes her latest book for young readers titled, *Sorry For Your Loss*.

Levy, who was born and raised in Hamilton, but now lives in Clinton, Ontario, is the daughter of the late Marcia Levy and Dan Levy, who presides over Hamilton's United Hebrew Memorial Chapel.

*Sorry For Your Loss* tells the story of a teenager who lives next door to her family-owned Jewish funeral home (modeled after Hamilton's Jewish funeral home) and thinks she knows everything about rituals around death and dying. But when her friend loses his parents in a tragic accident, she realizes that there is very little she understands about the grieving process.

In the book's foreword, Levy writes of several false starts when she initially sat down to write her story. Then she lost her mother. "And a weird and very unexpected thing happened. When we went to the funeral home to make all the arrangements, because of my father's position, we had special, behind-the-scenes access. I realized I felt comforted by what I already knew," she wrote.

Levy remembers realizing at that moment that many mourners do not have prior knowledge of Jewish burial rituals.

"We don't talk much about ... the particulars about what happens to our loved ones' bodies," she went on to write. "Many of us—especially kids—really want to know,



PHOTO BY DEKE SNOW



PHOTO BY WENDY SCHNEIDER

Joanne Levy says her book, *Sorry For Your Loss*, is a "love letter" to her father, Dan Levy, pictured left, in Hamilton's United Hebrew Memorial Chapel.

this was not just for teens and I thought how much adults and parents would learn from this book," said Dan Levy, adding that a significant percentage of the people he encounters are not familiar with traditional Jewish burial procedures.

"But," he added, "you have to take into consideration ... that they're not in the best of thinking. It's a very difficult time for people, and many people forget what they really know."

*Sorry For Your Loss* has been receiving excellent reviews and can be ordered through A Different Drummer Books in Burlington.

but we don't have the access or a safe place to explore what happens when we die."

Levy said she wrote *Sorry for Your Loss*, which she likes to describe as "if Judy Blume wrote *Six Feet Under*," to pull back the curtain of Jewish burial rituals in a safe, informative and entertaining way that was accessible for kids (and maybe for grown-ups too.)

Her father agrees.

"When I read the book, my first thought very clearly was that

## Oscar

The mighty oak with outstretched limbs  
That we cling to still; you are we to go on  
If merely in our own mouth, nose, or jawline.  
Too innocent with youth were we to comprehend  
How weighty were your troubles and fears,  
Your dreams and desires all put aside.  
Much too often you placed yourself last.  
It shaped you.  
You let it.  
Remote, solitary, the rage of a volcano capped.  
What could have been is forever lost  
And because of it I had such deep sorrow.  
Not so mighty in the end, but human after all  
And to your faults you did yield.  
It was too late for One, but not so for me.  
Vivid still is:  
Feeling your large calloused hand engulfing mine so small,  
Or the scent of your sweet saliva on the handkerchief that cleansed my tiny soiled mouth,  
Or hearing your gruff, forceful voice changing to mimic the Uncle Wiggily characters you read to me, Or seeing your stony face soften in the recognition of my own separateness.  
Indeed, you Are a part of me,  
My Father.

Joanne Benjamin-Lederer

**SAVE THE DATE! SUNDAY JANUARY 9TH, 2022**

**COME CELEBRATE  
TU BISHVAT WITH  
THE JEWISH  
COMMUNITY CENTRE  
& THE JEWISH  
NATIONAL FUND!**

**JNF CANADA**  
BUILDING ISRAEL TOGETHER

**JCC**

DETAILS TO FOLLOW  
For more info, please contact  
Jenn Laslo - [jlasio@jewishhamilton.org](mailto:jlasio@jewishhamilton.org)  
or Leor Naftali - [leor.naftali@jnf.ca](mailto:leor.naftali@jnf.ca)

**NOW IN HAMILTON**

**BRAIN POWER**  
Be smarter.

**WWW.BRAINPOWER.CA**

For over two decades, Brain Power has been providing one-of-a-kind, challenging, high-quality enrichment programs for bright and gifted children.

**REGISTER NOW! CLASSES BEGIN JANUARY 2022**

<b>LANGUAGE ARTS</b> Vocabulary, Writing, Essays, Reading, Literature, & History of Ideas	<b>PUBLIC SPEAKING</b> The Art of Persuasion, Debate & Oral Presentations	<b>MECHANICS OF WRITING</b> Grammar, Essay Writing, & Genres of Essays	<b>SCIENTIFIC RESEARCH CRITICAL THINKING</b> Hypothesis, Innovation, Scientific Writing
<b>CRITICAL THINKING &amp; WRITING: SCIENCE FICTION</b> Challenging Reading, Sophisticated Responses	<b>MATH OLYMPIAD</b> Strategies for Math Competitions & Math Brain Teasers	<b>CREATIVE WRITING</b> Imaginative Writing, Short Stories, Personal Essays, Plays, & Poems	<b>CONTACT US TO BOOK A FREE ASSESSMENT!</b>

**Meet our team of Dynamic PhD Expert Educators:**

 Dr. Karine Raskovsky Honours B.Sc., B.Ed., M.Ed., Ph.D.	 Dr. Cassandra Chapman Honours B.A., M.A., Ph.D.	 Dr. Adam Richter Honours B.A., M.A., Ph.D.	 Dr. Alex Malzlish B.Sc., M.Sc., Ph.D.	 Dr. Oscar Jarzmik Honours B.A., M.A., Ph.D.	 Kaitlin Ruethe Honours B.A., M.F.
--	--	---	--	--	--

Google Reviews | hamilton chamber of commerce | (289) 276-5878 | [INFO@BRAINPOWER.CA](mailto:INFO@BRAINPOWER.CA) | VAUGHAN | WOME INFLU



NCSY Hamilton Fall launch at Earl Bales Park, Toronto.

## Hamilton Hebrew High

MAYA ALBIN AND SHOSHY BERSTEIN

FOR MORE than 15 years, Hamilton Hebrew High has been engaging local teens with accredited high school courses among other various events. Recently, a strategic alliance was forged between NCSY and Torah High to enrich and support current programmes as well as enable community teens to meet other Jewish teens across Canada.

A board made up of passionate high school students hit the ground running, overseeing weekly hangouts with free pizza, as well as Jewish education programs at Hamilton public schools. The HHH board has biweekly meetings where they create long and short-term plans for NCSY Hamilton. Guided by experienced staff, teens are empowered to plan and promote programs. Their ideas and leadership have led to amazing events, including a hamantaschen baking night, an “eat your face off” hockey and wings night, and an amazing Hamilton Shabbaton, complete with an escape room.

When the COVID-19 pandemic hit, they pivoted to offer engaging virtual events, including virtual games nights with prizes, virtual learning programs, and outdoor distanced events when possible. They embraced the benefits of virtual programming — allowing local teens to attend programs with NCSY chapters across Canada, which include Edmonton, Toronto, and Ottawa. They also partnered with Hamilton Jewish Family Services to create a program where teens were matched with seniors to make weekly phone calls before shabbat.

Hamilton Hebrew High looks forward to strengthening its accredited courses with Torah High, as well as future collaborations with other NCSY chapters across Canada to create innovative and fun programming, as well as having memorable and inspiring Shabbatons with teens from around North America! With a motivated board of powerful and engaged teens, NCSY Hamilton is unstoppable!

PHOTO COURTESY OF HAMILTON HEBREW HIGH



The Quitt family, recent members of the HHA family

PHOTO COURTESY OF HAMILTON HEBREW ACADEMY

## Hamilton Hebrew Academy

THE HAMILTON Hebrew Academy is much more than a school — it’s a family. The amazing people who make up this beautiful family deserve the spotlight. We extend our thanks to the Quitt family for partnering with us and allowing us to learn more about their recent experience joining the HHA family.

### Family members

Haley and Cory Quitt, Benjamin Quitt (Age 4), Shiloh Quitt (Age 2).

*Was your own history at the HHA a factor in choosing the school for your children?* Cory attended the HHA as a child. “It’s a place that feels like home for me. We wanted to give our kids the same experience.”

*What do you appreciate most about your experience with the HHA?*

We feel that Ben is truly seen at the HHA. His interests have already inspired different learning activities in the classroom. We can

tell how much his teachers love being part of the HHA community and are dedicated to giving them the best experience possible to parents and students alike.

### How do you feel your child has grown?

He has become a lot more outgoing from the school setting. It’s amazing to see his confidence and how much love and support he expresses to his friends and teachers. Since he started attending the HHA, Ben is even more enthusiastic about celebrating Jewish traditions at home. He will throw his hands in the air and say, “We’re Jewish!” So cute.

*COVID-19 poses challenges for building community. Do you feel you were able to connect to the teachers or other parents?*

Yes! We were extremely fortunate that Ben could continue in person nursery throughout the pandemic. We were also able to stay connected with our class groups virtually.

To learn more about the HHA, please visit [hha.ca](http://hha.ca) or call (905) 528-0330.

## Jewish Family Services

ALEXIS WENZOWSKI

HAPPY CHANUKAH Hamilton! Hamilton Jewish Family Services recently invited Denise Davy, a former reporter with the Hamilton Spectator, to speak about her new book, *Her Name Was Margaret: Life and Death on The Streets*. This moving piece of non-fiction discusses the life story of a homeless individual in Hamilton who struggled with mental illness and became emblematic of the problems faced by housing insecure individuals. Her Name Was Margaret reminds us of the plight faced by the impoverished within our own society, gaps in the system, and encourages us to promote change and support.

We have homeless and precariously housed people within our own community. This is a fact that cannot be ignored. These people are not invisible. We need your help in ensuring that this issue remains talked about.

Our financial assistance program, funded by the Hamilton Jewish Federation, exists to prevent homelessness, and matches eligible clients with our case worker, Aimee

Wigley. Aimee and the client work together to establish goals and engage formal (such as government or social service agencies) and informal (such as friends and family) supports. While we recognize that some people may need long-term financial assistance, many of our clients have successfully transitioned off the program after receiving the supports they needed.

As one client told us, “I never thought I would be in the situation of having to ask for help, and yet here I was. The support and financial assistance helped me to manage through those critical months. I now have a new job and no longer need the support. Thank you to my community for being there for me.”

To learn more about our financial assistance program, please email [aimeew@hamiltonjfs.ca](mailto:aimeew@hamiltonjfs.ca) or call 905-627-9922 ext 22. To support this program, please donate to Federation’s Annual Campaign. For more information on our programs, please visit [hamiltonjfs.ca](http://hamiltonjfs.ca).



Kehila Heschel School



**ARE YOU READY TO INSTILL A LOVE OF LEARNING IN YOUR CHILD?**



Now is the perfect time to consider what would be the best school choice for your child.

**YOUR CHILD BELONGS AT KEHILA HESCHEL  
“WHERE EVERY STUDENT SHINES”**

Kehila Heschel School  
215 Cline Ave. N.,  
Hamilton L8S 4A1  
Tel: (905) 529-7725  
Email: [office@kehilaschool.ca](mailto:office@kehilaschool.ca)  
website: [kehilaschool.ca](http://kehilaschool.ca)

- Enhanced Ontario curriculum
- Immersion-style French and Hebrew starting in JK
- Integrated curriculum through a Jewish lens
- Heschel educational philosophy focus on
- Social action, environmental stewardship
- Judaic values of respect, kindness and community
- Enrichment through outdoor education
- Eco school, art and drama

Generously supported by The Weisz Family Foundation



PHOTO COURTESY OF ADAS ISRAEL

Enjoying a moment at the A-Yo apple picking and Rosh Hashana holiday fair.

## Adas Israel Congregation

DOVI SIDERON  
ADAS ISRAEL YOUTH DIRECTOR

THE TIGHTROPE walker and the sprinter are united by their forward gaze. Both the 100-metre dash and perilous treks across the sky require a singularity of vision and an intense focus on the goal ahead. For these athletes, the goal is the finishing line or the opposite side of a valley; but this skill is relevant other disciplines as well.

Youth programming is one area which most definitely requires this quality. The need to keep our community safe and healthy means we must strictly adhere to provincial health guidelines. At the same time, we are duty-bound to provide high-quality, engaging programming for our community children. The challenge can therefore seem daunting; how can we succeed in both of these important goals?

The answer is that we must learn to utilize a forward gaze, focusing ourselves on the future of the Jewish people — our children — the budding leaders of our nation.

This must continue to be at the forefront of our minds.

Over the past year, I was honoured to lead COVID-19 conscious youth programming in Alberta. This ranged from young children's "Parsha in the Park," to NCSY's J.A.W. tour in the Canadian Rockies. The one constant was my drive to keep looking ahead, towards the bright future each interaction with a child affirmed.

This same single-minded focus is the mission statement of the A-Yo department of the Adas Israel congregation. We must provide engaging, exciting opportunities to our children, because we must unleash the potential of our future. In an open, accepting, creative and dynamic format, we look forward to providing safe and powerful programming for our children and teens. Like the tight-rope walker and the sprinter, our goals are staring us straight in the eye, and we're staring right back at them with a forward gaze.



CINDY RICHTER  
OUT OF THE COLD COORDINATOR

THIS NOVEMBER, the Jewish community of Hamilton will embark on our twenty-second year striving to eliminate hunger through our participation in Hamilton Out of the Cold. We provide hot nutritious meals for those in need served with dignity and compassion.

For an understanding of the impact that we have on our guests' lives, one need look no further than this quote from "Tara."

"When I encounter folks that are willing to feed me for free, I am grateful. What I receive at Out of the Cold is not simply good food that is hearty and healthy. There's nourishment for the spirit and the soul. To see so many volunteers give not just their time, but smiles and attentiveness as well,

so freely shared. Lots to be emulated, helping build a sense of community. I'm not sure you know how much this gives, means, to folks. If we can be even just a bit like you, we'll be better off. Manna from Heaven"

Please drop off toiletries, warm hats and gloves for adults to JHamilton and/or sponsor a dinner, run a food drive or donate much needed funds to the OOTC Fund at Beth Jacob Synagogue, (905)522-1351. If you have any questions, please email me at c-richter@sympatico.ca

"To all the volunteers of Out of the Cold. We like to thank you for everything you do! We hope you know how much we appreciate the delicious food you provide, and the caring way you treat everyone!"

## Beth Jacob Synagogue

SHIRA KATES

BETH JACOB Synagogue held a well-attended AGM on Oct. 15 with lively discussion about next steps for our congregation and building. We welcomed four new members to our board, who embody the generational diversity of our membership, and a whopping 14 new membership units, including many young families. After three-and-a-half hours, there remained a lot to talk about! Attendees agreed to continue dialogue in the near future.

Thank you to all our deeply engaged members and our dedicated board and committee volunteers for their time and energy. We look forward to ongoing growth and connection in the year ahead, which will be further cultivated by the resumption of our many successful programming series.

Girls in Trouble is back! This curriculum explores the often under-told narratives of

biblical women. Generously sponsored by Lowell, Ron, and Lorne Richter in loving memory of their mother Molly Richter z"l, Girls in Trouble incorporates Torah, song, art, and introspection as facilitators guide participants in the discovery how biblical women's lives have relevance today.

Rabbi Hillel's weekly Talmud study resumes Wednesday evenings, as does his Introduction to Judaism and Beginner's Hebrew on Mondays.

We are delighted to welcome Cantor Beny Maissner back to Beth Jacob for a special exploration of the history and musical development of Chanukah ritual blessings. Participation is available at no charge and all are welcome. For more information about learning and engagement opportunities, please reach out to us at 905-522-1351, or office@bethjacobsynagogue.ca.

# Holiday Lox & Bagels



Joshy's Good Eats was founded in the summer of 2020 to feed great lox, bagels and schmears to the **City of Hamilton!**

Bring the tastes and traditions of our classic appetizing platters and packages into your home, office, or event with Joshy's Good Eats. Our fish is hand-sliced and beautifully displayed with the bagels schmears, sliced veggies, and pickled things of your choosing so that you can serve your family and guests with ease.

Call Joshy's to place your order: (647) 855.9451  
Email Us: [info@joshysgoodeats.com](mailto:info@joshysgoodeats.com)  
Visit Us Online: [joshysgoodeats.com](http://joshysgoodeats.com)



### CATERING MENU

Lox and Schmeer Platter  
\$15 per person

Choose one or a selection of our sliced fish including:

Lemon Dill Lox, Pastrami Lox, Beet Cured Trout or Maryland Spice Trout. All fish are cured Gravlax style

Choose your cream cheese schmeer: Classic Whipped, Herb, Scallion or Horseradish Sliced Vegetables Including Onions, Cucumbers, Lemons and Tomatoes Pickled Veg: Including Capers, Pickled Onions And Dill Cucumber Salad, Pickle Spears, Bagels

Just the Schmears  
\$8 per person

Choose your cream cheese schmeer: Classic Whipped, Herb, Scallion or Horseradish. Sliced Vegetables Including Onions, Cucumbers, Lemons and Tomatoes. Pickled Veg Including: Capers, Pickled Onions and Dill Cucumber Salad, Pickle Spears and Bagels

We are located inside the Hamilton Market - a year round market open 4 days of the week. Find us at 35 York Boulevard in the heart of downtown Hamilton. Joshy's is situated in the west end of the downstairs Real Food Court.



**Kehila Heschel** students are joined by Rabbi Hillel and Rabbi Cohen for a dedication of a garden bed to indigenous children and their community.



**Mrs. Schmerling's** class is back in full swing!

## Kehila Heschel

ANITA BERNSTEIN

HAVE YOU recently asked a parent or grandparent what kind of person they would like their child/grandchild to grow up to be? Some may say a doctor or a different professional, but many will say 'a mensch' – a person of integrity, honest, fair, respectful and kind. In summary – a good person.

Kehila Heschel endeavors to guide our students in becoming mensches throughout all learning and facets of our program. Our educational philosophy and integrated curriculum are lead by Jewish values, derek eretz, social action, tikkun olam and caring for those in need.

Throughout the year, Kehila Heschel teachers guide our students in the behaviours that exemplify a mensch – kindness in words and action, empathy, sharing, collaborating, helping others in need and having the courage to do the right thing. Students learn that each of them have the power to affect others and the world in their own way.

In September and October, our students harvested the bounty of the Kehila Heschel vegetable garden and shared it with the

HJFS food bank; they dedicated one of the garden beds, which grew indigenous crops in remembrance of the children in residential schools and their community; they directed their tzedakah to mothers and babies in need and brought in products for babies to ensure they had diapers, formula, creams and other necessities. Through these social action projects, students actively learned how their actions make a difference in their community.

In November, students discussed the characteristics of individuals in the Hanukkah story: what are the qualities of a leader, hero, bully, a friend, a mensch. Students learned from the Maccabees and experienced in their projects that the more they collaborate with each other, the more they can accomplish. Grade 3 students discussed and came to understand the importance of standing up for their beliefs and of their responsibility to their community.

Kehila Heschel School is nurturing the 'mensches' of tomorrow.

Want to learn more - book a visit [kehilaschool.com](http://kehilaschool.com) or call 905-529-7725.

## Beth Jacob Hebrew School

AIMEE WIGLEY

THANKS TO the innovative curriculum (written by our own Rabbi Yonah), a fantastic staff and a wealth of engaging guest speakers, Hebrew School stayed strong during its last educational year. We are finally able to be back in person and will be covering a diverse range of topics such as social justice and the commonalities between our people and Indigenous folks, all from a Judaic perspective (and whilst still making time for our top notch Hebrew lessons).

With the generous support of Hamilton Jewish Federation, students in Grades 5 and up are able to participate in all USY programming. There are so many exciting events upcoming that it would be a crime to miss! In fact, Sylvie Moscovitz-Librach, the representative for USY Ontario, recently led a hugely successful Seluda Shelishit for our youth. Programming for kids, teens and in-betweens continues to be run by the incredible Anna Lilliman – Yak and Snack (Grades 9-12), Why Us Walrus (Grades 4-8), Drama Llama (Grades 1-3) and Story Squirrel (Grade 1 and below). Anna offered

high quality events throughout the pandemic, having socially distanced services and meetups where possible. Thanks to her efforts, teen life at Beth Jacob is thriving. For further information on her ongoing offerings, please email [annalilliman@gmail.com](mailto:annalilliman@gmail.com)

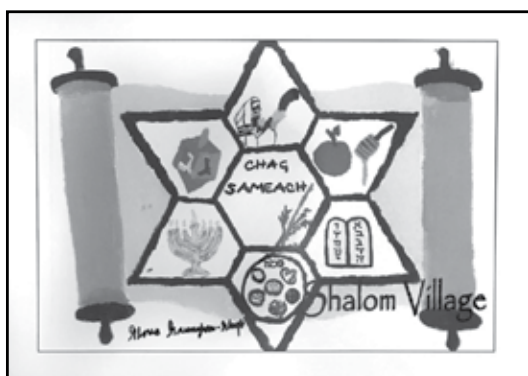
After the success of our High Holy Day family services, Beth Jacob will be offering a monthly Mishpacha Service. We are looking to soon expand into Saturday evening Kumzits after Havdalah and Sunday afternoon family programming. There is so much to look forward to!

BJHS will continue its partnership with Temple Anshe Sholom for some educational Yom Tov programming. Our Hebrew schools will be uniting to celebrate Chanukah, Tu Bishvat, Purim and Pesach. It is so lovely to foster strong community connections and to expand our students' social circles. If you would like any information on Hebrew School (where new students are always welcome!) please contact [aimee@bethjacobsynagogue.ca](mailto:aimee@bethjacobsynagogue.ca). Shalom and we hope to see you soon!



This year, let Shalom Village help you stay connected to your friends and loved ones. Shalom Village Tribute Cards are a great way to support our seniors, and remind people you've been unable to see, that you're thinking of them.

To send cards simply visit [ShalomVillage.ca](http://ShalomVillage.ca) and click on the "give today" link. If you'd like to send multiple cards, or prefer to speak to someone at the Foundation, feel free to call us at 905-529-1613 X227.



## Thanking our Heroes at Hanukkah

It has been said that each of us is a living Hanukkah candle capable of spreading our own inner light in the world and living a story of heroism by doing so.

At Shalom Village, we are fortunate to have approximately 300 heroes working within our walls. They are housekeepers, dietary-staff, kitchen staff, personal support workers, nurses, maintenance and more.

Working in Long Term Care has always been a labour of love. The people who spend their days working to support our seniors have always been remarkable, dedicated, and loving souls. Those same people have persevered through what is arguably one of the most difficult times to work in healthcare. And for Shalom Village, the past year, as we know, was exceptionally trying.

This year's holiday campaign will raise funds to say thank you to every Shalom Village employee with a Heroes at Hanukkah Hamper, brimming with goodies, gifts and treats. The Shalom Village Foundation will raise funds and accept donations of suitable goods to pass along to the wonderful people who share their light and love all year long, and in the most trying of times.

For more information, contact Laurie Pringle or Kathleen Thomas at [Foundation@ShalomVillage.ca](mailto:Foundation@ShalomVillage.ca)



**Cantor Paula Baruch** teaches Grade 7 students about tzit-tzit.

PHOTO COURTESY OF TAS

## TAS Religious School

DORA-ANN COHEN ELLISON

ON THE opening day of Temple Anshe Sholom Shabbat School, singing *Hinei Ma Tov* in person and all together brought joyous tears to my eyes! Squeals of excitement filled the air as our students came together to learn in our outdoor classrooms. We are so lucky to be located on beautiful Churchill Park, and surrounded by plenty of green space. Thanks to generous supporters of our school, we have three outdoor tent spaces for learning; one for our weekly Judaism Through the Arts class, a T'fillah space and an outdoor classroom learning space. One highlight of the programming is our immersive and hands-on learning experiences. When our children learn by doing, it creates lasting memories that remain a part of them.

Last month our B'Nai Mitzvah class, explored the meanings behind the twists and knots of the tallit tzit-tzit with their teacher Cantor Paula Baruch. They studied a variety of texts, explored the mysterious connections between the number of knots and turns (gematria) and worked together to tie their own tzit-tzit. This month, students will explore the symbols of Shabbat, with the opportunity to create their own Shabbat ritual objects to use at home. As well, students are preparing a special video

presentation of songs and poems for the residents at Shalom Village to enjoy over the week of Chanukah!

Our annual food and toiletries drive takes place all month, as our students learn about Hamilton Jewish Family Services and the importance of supporting our community and those in need. All food and toiletries will be delivered in January by our Grade 8/9 students, as part of their curriculum titled, "Making a Difference."

We still have a few spaces left in our classes (Kindergarten and Grade 1 are almost full!) and students are welcome to join our school community at any time. Our school gathers twice a week, in person on Shabbat mornings, and virtually on Wednesday afternoons. Our goal is to resume in-person learning for all of our programming in January. Families with toddlers, we have Tot-Shabbat just for you! Join us virtually at 8:45 a.m. on Saturday mornings for songs and stories with educator Dora-Ann Cohen Ellison. To support the food and toiletries drive for Hamilton Jewish Family Services, or for more information about joining our Temple community, please contact Dora-Ann at [dacellison@anshesholom.ca](mailto:dacellison@anshesholom.ca) or visit [anshesholom.ca](http://anshesholom.ca).



PHOTO COURTESY OF TAS

**TAS's** new board (l to r) Ettan Romm, Aaron Walsh, Marla Frank-Davis (president), Joshua Kaufman, Liora Malka, Rabbi Jordan Cohen, Gillian Burman, Bill Shugar, Cantor Paula Baruch, Sue Passow.

## Temple Anshe Sholom

RABBI JORDAN COHEN

TEMPLE ANSHE SHOLOM is reopening! On Oct. 15 we held our first in-person Kabbalat Shabbat service in 19 months and it is a joy once again to hear the voices of our young people on Shabbat morning as our religious school has resumed in person as well. Thanks to the dedicated efforts of our re-opening task force, chaired by our vice president, Gillian Burman, clear health and safety protocols have been implemented to ensure that all who attend Temple events in person can be confident that every effort is being made for their protection. And for those who are not yet comfortable attending in person, almost all Temple services and events will continue to be streamed online. Thanks to a generous gift from our rabbi emeritus, Bernard Baskin, a new dedicated streaming system is being installed in our main sanctuary that

will allow us to provide the highest quality online services for those who prefer to participate from home.

The Oct. 15 service also included the installation of Temple's new board of trustees, helmed by our new president, Marla Frank-Davis. Our new board includes many trustees from the previous board, as well as a cohort of new and younger members to positions of leadership. The previous board, under the leadership of Dr. Mark Levine, dealt with many important issues, while also facing the unexpected disruption of the pandemic. The new board carries on this commitment, while also being tasked with the gradual reopening and regathering of our community. By Chanukah, we look forward to the re-dedication of Jewish communal life at Anshe Sholom.

# Happy Hanukkah

The lawyers and staff at  
Ross & McBride LLP  
wish the entire community  
Happy Hanukkah.

## Ross & McBride LLP

No other firm in the city offers as many practice areas or services to its clients. If you have any questions about what we can provide you, feel free to contact us.

[www.rossmcbride.com](http://www.rossmcbride.com)

1 King Street West, 10th Floor Hamilton, ON L8N 3P6



the GIFT of  
IS IN YOUR  
HANDS **LIFE**

The Hamilton Chapter wishes all our Donors,  
Families and Friends a Warm and Festive

# Chag Ha'Chanukah

Let us pray for  
peace in our  
beloved Israel  
— Am Y'Israel Chai



HAMILTON  
CHAPTER

**Debbie Strub, Chair**  
E: [debbiestrub@gmail.com](mailto:debbiestrub@gmail.com) | Toll Free: 1-800-731-2848



[WWW.CMDAI.ORG](http://WWW.CMDAI.ORG) | #CANADIANMDA



**PARKWAY MOTORS HAMILTON**  
is proudly owned and operated by the Pinassi Family.

---

**EXCELLENT  
SERVICE**

---

**COMMUNITY  
FOCUSED**

---

**41 YEARS  
IN BUSINESS**

