



## Beth Jacob's new rabbi

Rabbi Hillel Lavery-Yisraeli happy to be here **P6**

## Westdale Optical's fashion maven

Stephanie McLean's infectious joie de vivre **P15**



# Hamilton Jewish News

THE VOICE OF JEWISH HAMILTON

SEPTEMBER 2015 VOL 30:1/ TISHREI 5776

AGREEMENT #40007180

## JCC building for sale



Lower Lions Club Road has been home to the JCC since 1987. Photo by Wendy Schneider

by WENDY SCHNEIDER, the Hamilton Jewish News

Hamilton's Jewish Community Centre will soon have a new home. A virtual one. At a community meeting held at the Lower Lions Club building in late June, JCC co-chair Lowell Richter announced that he, his co-president, Ed Zaltz, and the JCC board of directors had reached the conclusion that the building was no longer "financially tenable" and that costs associated with its upkeep were "not the best use of community funds."

In seeking community support to put the building on the market, their recommendation received overwhelming support from those present, several JCC board

members and past presidents among them.

The concept of a "JCC without walls" was first raised back in 2007. Gerry Fisher, Federation executive director at the time, recalls an almost two-year period during which a joint Federation/JCC leadership group grappled with the results based on hundreds of surveys, several focus groups and consultations with major donors that showed widespread preference for a continued JCC with an independent and upgraded facility, but considerable ambivalence when it came to supporting such an initiative.

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## From Hamilton to Selma

Fifty years ago last March, an idealistic young rabbi reached out to five other Hamilton clergymen to join him in Selma to march alongside Martin Luther King Jr. In doing so, Beth Jacob's Rabbi Eugene Weiner, who served as that synagogue's spiritual leader for only three years before making aliyah to Israel, will forever be associated with an important moment in Hamilton history. On page 18, Ramona Matthews shares her father-in-law's eye-witness account of that historic week.

## ANNUAL CAMPAIGN 2015/16

## THE POWER OF COMMUNITY



by BARB BABIJ, CEO, Hamilton Jewish Federation

**W**hat does it mean to really belong to a Jewish community? Belonging to a synagogue? Celebrating Israel's Independence at the JCC? Giving your child a Jewish education? Is there, perhaps, an even deeper sense of collectiveness?

These are the questions that we at Federation think about especially as we prepare to launch this year's Community Campaign, "Community Is..."

While undoubtedly each of you has your own definition of what community is, what community means to us is reflected in the pages of this newspaper. It means caring for the most vulnerable members of our society, ensuring that the values and beliefs that have sustained us for thousands of years are passed down to the next generation, and taking responsibility for one another wherever there is need, because that's simply who we are. Without community, we are separate, disparate and vulnerable. WITH community we can achieve

common goals, come together in times of crisis and to celebrate our achievements.

The Annual Campaign ensures a strong local community, a strong Israel and a strong Jewish world. Every dollar raised helps to care for the vulnerable, nurture Jewish identity, and support the fabric of Israeli society. A gift to the Annual Campaign is the only gift with the power to affect so many Jewish lives at so many levels, and we are the only organization with the experience and relationships to make that happen. When one of our dedicated canvassers reaches out to you this fall, please give generously and embrace that deeper sense of collectivism.



*On behalf of the Board and Staff of the Hamilton Jewish Federation we wish you a*

*Happy and Healthy New Year*

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**PERSPECTIVES**

**LOWELL RICHTER**  
CO-PRESIDENT, JCC



**C**hange. A word that inspires hope in some, fear in others. To change a community-centered asset clearly presents its own set of challenges.

Hamilton's Jewish Community Centre has been constrained by changes in our community demographics and desires, and by our ability to service our community in an efficient and sustainable manner. The reality is that we are faced with a limited pool of funds from which to draw, and the community has not engaged with the current JCC on a significant scale for many years.

Our board has reached the conclusion that the JCC needs to build on our strengths and let go of the things that slow us down. In short, we need to reinvent ourselves, so that we can become more relevant to a greater number of people. What we do best, we will continue to do. Camp Kadima, an unqualified success along with the Morris Black and Max Rotman programs, as well as our cultural programs like Yom HaShoah and Yom Ha'atzmaut, will carry on.

We, at the JCC, have always been guided by our mission statement of providing "social, educational, recreational and cultural services within the framework of Jewish tradition ... and to reach out to other ethnic groups in the hope of building bridges to overcome stereotypes, prejudice and ignorance." How have we been doing? A visit to Camp Kadimah or the Max and Stella Rotman Humanitarian Youth Award ceremony clearly demonstrates how well we've addressed the latter, while many programming initiatives failed to get off the ground due to some of the limitations of our current building. We also acknowledge that we've been unable to service our senior population effectively.

There has been a great deal of conversation about what our community needs. What does a successful JCC look like? Our needs and wants, versus what we can sustain, seldom align. Many successful Jewish communities function in a campus-like environment, and this is what we envision for our community as well, with the JCC acting as an anchor. While it is our desire to transition into a new home, it will take time. Until then, we will follow the virtual model.

So, what does the future hold? We are excited by the possibilities. Over the next few months the JCC board, along with other community stakeholders, will start to craft that vision. We will look to a model that ensures long-term relevance and can be a "value added" institution to our great community. Jewish Hamilton will need to continue to support the JCC financially to ensure the future of this more than 100-year-old institution. This investment in our present will be a yield strong, vibrant and meaningful part of our Jewish community going forward.

We hope you will embrace the change.

**PRESIDENT'S  
REPORT**

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



The approaching High Holy Days provide an opportunity to reflect on the past year while looking forward to the future, representing the start of a cycle that is steeped in history and tradition. Whether we are reflecting or looking forward some things are constant, ironically I believe change is one of the constants. In his recent Hamilton appearance, Israeli Ambassador Rafael Barak spoke about some of the changes in the nature of threats to Israel, always there but not always from the same source. Ambassador Barak also spoke about the changes on Canadian campuses, referencing his meeting, earlier that day, with McMaster University president, Patrick Deane, during which they discussed the BDS movement.

Jewish Hamilton has gone through its share of changes this year, particularly with regard to the uncertainty surrounding the future of Kehila and the JCC. We are pleased to report that Kehila will continue to offer classes from JK through Grade 5 in the coming year, and that, while the JCC building will be closing at some point in the near future, its excellent Jewish cultural programming will continue in its transitional phase. The Hamilton Jewish Federation applauds the courage of the JCC board in making a difficult decision. Their willingness to work with Federation throughout this process as they endeavour to meet the changing needs of the community, is appreciated. As a result of the JCC decision, Hamilton Jewish Federation will also be moving offices, to a location that has not yet been decided. We are exploring a number of options, and hopefully one will move us in the direction of a unified Jewish campus concept.

As we gear up for the new year, we face the coming changes with a sense of renewed hope at the opportunities they present.

On behalf of the Hamilton Jewish Federation, its board and staff, I'd like to take this opportunity to wish you and your families a happy, healthy, and fulfilling new year.

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Hamilton clergy marched with Martin Luther King



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**AND THE WINNER IS ...**

Israeli-born Toronto entrepreneur Ronen Benin, 25, (pictured centre) is the Canadian winner of Start Tel-Aviv, an international competition for tech startups. The announcement was made at a press conference attended by Israel's ambassador to Canada, Rafael Barak, Victoria Lennox, CEO of Startup Canada, and Ed Fast, Canada's international trade minister. Benin was also congratulated by former Israeli president and prime minister Shimon Peres, who was invited to address the ninth annual Toronto Global Forum in July. Benin is the founder of RightBlue Labs Inc., a software company that develops apps to forecast illness, injury, and burnout risk in athletes. He will travel to Tel Aviv in September to network with the founders of 20 other startups from around the world to network with leading Israeli investors. Photo by Cyprian Szalankiewicz

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### COMING UP

#### CHANUKAH ISSUE

- Deadline for booking ad space  
Sept. 30, 2015
- Deadline for receiving editorial copy  
Oct. 13, 2015
- Deadline for receiving ad copy  
Nov. 3, 2015
- Estimated Date of Arrival  
Nov. 23, 2015

## Hamilton Jewish News

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#### HAMILTON JEWISH NEWS

is published four times a year by Hamilton Jewish News Inc. and funded by the Hamilton Jewish Federation  
Circulation 2,000

#### EDITORIAL POLICY

The HJN 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.

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The Community Campaign cabinet: Back row, l to r, David Loewith, Liz Tick, Sandra Fuss, Marla Frank Davis, Jay State; Front row, l to r, Carl De Leon, Nomi Cuneo, Barb Babij, Yves Apel. Missing from photo: Harvey Katz, Danna Horwood, Steven Dembe, Lester Krames.  
Photo by Wendy Schneider

COMMUNITYCAMPAIGN

# Can we count on your support?

by YVES APEL, Chair, Hamilton Jewish Federation Community Campaign

This is a great time to be a Hamiltonian; we have so much to be grateful for. Hamilton is just coming off a high on the heels of Pan Am Games, and Jewish Hamilton is soon to celebrate our High Holidays.

As the new year is about to begin, our community will celebrate in shuls, at home, at schools, and with our families and friends. During this time of renewal, we will examine the past year even as we look to the future. And it is with a future-looking perspective that I now write.

This is the third year that I have had the honour of leading the campaign cabinet in raising money for and from the Hamilton Jewish community. I continue to be impressed by the distinct Hamilton tradition of wide communal participation, and the richness of the Jewish institutions we have built and continue to support, together.

I hear stories of the Hamilton that was, and I am excited for the Hamilton that will be. This

year's campaign is about to begin, and, as always, **the dollars we raise will be the reflection of the health of the community today and our commitment to its future.**

Our campaign cabinet, pictured above, is made up of dedicated and resourceful lay leaders and staff who together with our volunteer canvassers drive the campaign. And we have a great campaign ready to go! When you get our call, can we count on your support this year?

On a personal note, for my family this was a summer of new experiences, highlighted by our eldest child going off to Western University. One fewer Hamiltonian, perhaps? Time will tell, but for now, the home we've built in Hamilton is getting a London satellite. Hamilton is changing. And while change is in the air, what is unchanged is the continuous cycle of Jewish life.

We are a community that cares. This year, please get involved and donate. Thank you and Shana Tova.



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Free books and CDs for children 6 months to 6.5 years!



PJ Library event at the Dundas Driving Park in July. Photo by Elaine Levine

## Don't miss these upcoming programs!

**Wednesday, Aug. 26 at 6:00 p.m.**

Join us for stories and crafts at the community summer BBQ at the JCC. Please bring any PJ Library books your family has outgrown.

**Thursday, Sept. 27, 10 - 11 a.m. at Shalom Village**

Seniors and pre-schoolers will create a craft together and enjoy precious story-time moments in the Oak Knoll room. A joint program with Hamilton Jewish Federation, the JCC and Shalom Village.

**Sunday, Oct. 18, 2 - 4 p.m.**

PJ Library stories and crafts at the JNF Fall Festival at the Loewith farm

We invite you to submit a photo of your child or parenting tip of the month to be included in our e-newsletter to [elevine@jewishhamilton.org](mailto:elevine@jewishhamilton.org).

Federation-sponsored PJ Library montly events are open to everyone. PJ Library is a gift to Hamilton area families with children from ages 6 months to 6.5 years old, from the Hamilton Jewish Federation, the Lion of Judah Division, the Shirley and Morris Waxman Family, an anonymous donor and the Harold Grinspoon Foundation.

The Hamilton Jewish Federation Holocaust Education Committee presents its 10th annual  
**HOLOCAUST EDUCATION WEEK**  
NOVEMBER 1-9, 2015

SUNDAY, NOVEMBER 1 AT 7:30 P.M. TEMPLE ANSHE SHOLOM, 215 CLINE AVE. N. HAMILTON

### Moving On: Dor L'Dor Holocaust and Human Rights Education 70 Years Later Moderated by Steve Paikin of TVO's The Agenda

A panel discussion on Holocaust and human rights education and its relevance 70 years later. Panelists include children's author, Kathy Kacer, Jodie Spiegel, director of the Azrieli Holocaust Survivor Memoirs Program and local secondary school teachers who have been awarded with the Sharon Enkin Award in Holocaust Education. The first 100 guests (one per household) will receive a complimentary copy of Steve Paikin's new book, I Am A Victor, The Mordechai Ronen Story.

THURSDAY, NOVEMBER 5 AT 7:30 P.M. BETH JACOB SYNAGOGUE

Evening program to be announced. Watch [www.jewishhamilton.org](http://www.jewishhamilton.org) for further details

MONDAY, NOVEMBER 9 AT 7:30 P.M. ADAS ISRAEL CONGREGATION 125 CLINE AVE. S. HAMILTON

### Triumph over Tragedy Remembering Kristallnacht and Celebrating Life

Please join the Hamilton Jewish Federation for the Canadian premiere of the Holocaust Survivor Band, founded by Saul Dreier (drummer) and Reuwen "Ruby" Sosnowicz (musical director, vocals and keyboard). Dreier survived three concentration camps and worked in Schindler's factory; Sosnowicz survived the Warsaw Ghetto and was a lost child. Dreier and Sosnowicz are accompanied by Chanarose Sosnowicz, lead vocals and percussionist, and Jeffrey Black on guitar. The Holocaust Survivor Band performs traditional historic pre and post-war Yiddish, Hebrew, Russian, Polish, English and international music. The evening will begin with a short commemoration of Kristallnacht.

Community partners for Holocaust Education Week include The Hamilton Spectator, Paratus Investors Corporation and the Erwin Jacobs Endowment Fund. For information about any of the above programs, please contact Elaine Levine at 905-627-9922, ext 24 or email [elevine@jewishhamilton.org](mailto:elevine@jewishhamilton.org)



# Community is ...



Photo: Wendy Schneider, the Hamilton Jewish News

## caring

Jacky Yacoob's family may live far away from Hamilton, but thanks to Beth Tikvah, they enjoy the peace of mind that comes with knowing that their beloved family member is living in a safe and caring environment. "Beth Tikvah has given Jack a sense of responsibility and individuality and the opportunity to live his own life," said Jacky's niece, Michelle Yacoob.

Jacky is a familiar face in the community. A Beth Tikvah resident for more than 20 years, he is often seen at community gatherings and at Westdale's Second Cup coffee shop. "Jack is very independent," said Anna Fischer, a team leader at Beth Tikvah. "He goes to Jewish Social Services most mornings, and in the afternoons he might go swimming with the McMaster Turtles program or run his own errands. Michele says although she has asked her uncle to join her in California, he always refuses. "When Jacky was living with us when I was growing up, we didn't know how to set boundaries for him so he could grow as a person," she said. "But at Beth Tikvah he knows he has responsibilities. He feels needed."

You can ensure that Beth Tikvah can continue to provide essential services by giving to the Community Campaign. Please respond generously when your canvasser calls you ... because caring for one another is what we do.

## It's time: Donate. Volunteer. Get involved.



**Please give generously to the 2015/16 Community Campaign.**

**Donate online at [www.jewishhamilton.org](http://www.jewishhamilton.org), your gateway to everything Jewish in Hamilton.**

# JCC looks to relocate

Cont'd from page 1

Gerry Fisher, Federation executive director at the time, recalls an almost two-year period in which the consultants developed and implemented a study designed to elicit the degree of community support there might be to finance a major upgrade of the facility and programs. The several hundred surveys, the half dozen focus groups and private interviews with potential major donors revealed a complex set of results, according to Fisher.

“Respondents clearly expressed their preference for a continued JCC with an independent and upgraded facility,” he said, “however, they were far more ambivalent about their willingness to financially support such an initiative.” In the end, he said, “the results of this fairly exhaustive research led the consultants to suggest that Hamilton – like so many other communities of like size – could be better served by selling the building, investing the assets and focusing attention on delivering high quality programs and services.”

It was a message that the JCC leadership at that time was not yet willing to accept. Instead, with the assistance of Hamilton native Steven Adler, then Canadian Jewish Congress’s director of public policy, they put together an ambitious redevelopment plan that called for improved health facilities, office space and meeting rooms, and the conversion of the tennis bubble into a permanent structure. In April of 2008, the plan was presented to the Federation leadership. Five months later, the biggest global financial crisis since the Great Depression erupted. The plan, for all intents and purposes, was abandoned.

When it comes to putting what is happening to the JCC into some sort of meaningful context, there is perhaps none more qualified than Larry Szpirglas, a Hamilton native, former communal professional and past president of both the JCC and Federation. What’s happened to the JCC, said Szpirglas, is symptomatic of what every Jewish institution in this community is facing.

“The issue with the JCC today has to do with its capacity for sustainability, but that story is true for every single institution that we have ... I think the leadership in our community really has to tune in to that particular issue,” he said.

Szpirglas said that a limited pool of community funds from which to draw, combined with the disinclination among many young Jews today to affiliate with Jewish organizations, means that our communal organizations are going to have to be as concerned with the well-being of the community in its entirety as they are with their own interests. While no one is happy about the JCC having to leave its current

location, The JCC board has demonstrated the kind of courageous leadership that Szpirglas is talking about.

The sale of the JCC is bound to be a complex process. In addition to the building itself, and the seven acres on which it sits, the adjacent 30 acres of undeveloped land fall under the Niagara Escarpment Commission, which renders it, according to Richter, “extraordinarily limited to what it can and can’t support.” Richter said he’s spent close to two years working with city planners to explore options of what use can be made of the greenbelt-designated land. But at this point, whether the city has any interest in the property, or whether the property could be grabbed by someone interested in developing the site for future development, is up for speculation.

In the meantime, Richter is optimistic that the JCC will be able to reinvent itself. What it has always done best, programs like the Morris Black Public Speaking Contest, Yom HaShoah and Yom Ha’atzmaut, will take place in any number of locations. This is seen as a temporary measure until the ideas and options for a new JCC are explored.

“Our Jewish community is blessed with an awful lot of bricks and mortar,” said Richter.

As for Camp Kadimah, before the Lower Lions Club Road era, it had a long history of being run in various public parks in the area.

The main message that Richter wants to get out to the community is this: “The JCC is not closing. It is transitioning into something that’s more viable, sustainable and efficient.” The deep rooted desire is to create a new JCC with relevant and exciting programs in a welcoming and convenient location.

Larry Szpirglas, a member of that generation of Jewish Hamiltonians for whom the Delaware Avenue JCC was the best part of their childhood years, is sorry to see it leave its current location. “There were some wonderful things that happened there,” he said. But he’s ready to move on and look at the bigger picture.

“It would have been great to have a facility that could have dealt with all the needs that we have, to be the campus we hoped it would become, but today, it’s more about what we can sustain,” he said. “That’s the battle that we have going forward. We can all be partners to building whatever that future’s going to look like, but people have got to get invested in that.”

Speaking on behalf of the Hamilton Jewish Federation, CEO Barb Babij said that Federation fully supports the JCC decision to become more sustainable, and will continue to support the organization during its transition and into its future.

“  
The issue with the JCC today has to do with its capacity for sustainability

Larry Szpirglas  
Past President of the JCC



Rabbi Hillel Lavery-Yisraeli aims to create a culture of teamwork.

Photo by Wendy Schneider

## Rabbi Lavery-Yisraeli joins Beth Jacob Synagogue

by WENDY SCHNEIDER, the Hamilton Jewish News

After an exhaustive search, Beth Jacob Synagogue found the right rabbi for its traditional egalitarian shul and are delighted to welcome Rabbi Hillel Lavery-Yisraeli, his wife Yonah and their young son Hisda to the community.

A native of Vancouver, B.C., Lavery-Yisraeli, 38, grew up in a modern Orthodox home. As a teenager, he left home to study at a rabbinical seminary in Skokie, Illinois, before moving to Israel at the age of 19 to continue his studies. Ordained by the Jerusalem Rabbinate in 1996 Lavery-Yisraeli also studied Jewish philosophy at Bar Ilan University.

During the 16 years he lived in Israel, Lavery-Yisraeli would find himself moving away from traditional Orthodox Judaism.

“I started thinking about questions that I felt uncomfortable asking in the orthodox surroundings that I was in,” he told the HJN.

“One of the big areas in Jewish observance which really started to speak to me as a young adult was the question of women’s role in Judaism,” he said, “and I became a very strong believer that full egalitarianism in Judaism is not just valid but is the right thing ... Once that was clear in my mind I did not feel like I really had a home in orthodoxy anymore.”

It was at the Conservative Yeshiva in downtown Jerusalem, where Lavery-Yisraeli would find a position teaching Talmud, that he found spiritual kinship.

“I felt really at home there. I had a community of people who loved Judaism and I could be true to myself.”

A position as rabbi of a Masorti (the Israeli name for Conservative Judaism) synagogue in Netanya soon followed. It was during that period that he met and fell in love with Yonah, a fellow

Canadian, artist, Torah scribe and soon-to-be ordained rabbi. Their wedding was held on a beach in Netanya, followed by a joyous reception at his shul.

The Lavery-Yisraelis moved to Gothenberg, Sweden, in the summer of 2012 where he became the rabbi of that city’s Jewish community. Gifted in languages, he eventually became fluent enough to deliver his sermons and write in Swedish. In November 2014, Lavery-Yisraeli made headlines in the global Jewish press, after receiving death threats in the wake of Israel’s war with Hamas the previous summer. It felt like a good time to return to Canada.

The Lavery-Yisraeli family arrived in Hamilton in mid-July and received a warm welcome during their first official Shabbat on August 1. Long accustomed to positions where he served as rabbi, cantor and Torah reader, Lavery-Yisraeli says he is happy to share those responsibilities with his new colleague Cantor Eyal Bitton and the lay members of the congregation who also serve as Torah readers.

“When I first visited Beth Jacob I found a really friendly, welcoming and enthusiastic community,” he said. “I really loved how so many people wanted to be involved in synagogue life whether it’s in the services or in social events. That’s something I believe is very special about Beth Jacob and I look forward to working with everyone and being part of the team.”

### WEB EXCLUSIVE

Watch the Hamilton Jewish News interview with Rabbi Lavery-Yisraeli at [www.hamiltonjewishnews.com](http://www.hamiltonjewishnews.com)



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# Community is ...



Photo: Elaine Levine for Hamilton Jewish Federation

# volunteering

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You can ensure that the beneficiary agencies, supported by dedicated volunteers, continue to thrive by giving to the Community Campaign. Please respond generously when your canvasser calls you ... because volunteering is what we do.

## It's time: Donate. Volunteer. Get involved.



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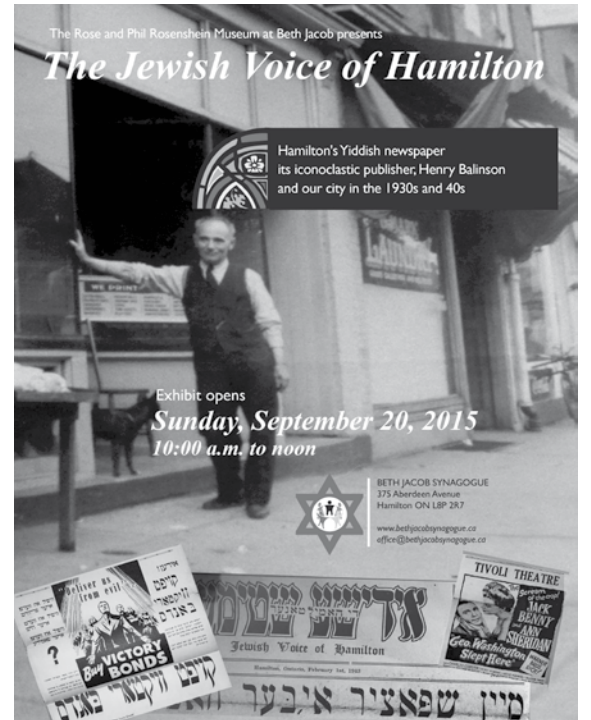
by GARY BARWIN, Special to the Hamilton Jewish News

**O**n the front page of each issue of The Jewish Voice of Hamilton, his Yiddish-language newspaper, publisher Henry Balinson wrote a column in his inimitable style where he thought over “our kingdom of Hamilton,” and wondered “how Jews live, and how Jews don’t live.”

Reading the columns today allows one to stroll through 1930s and 1940s Hamilton, kibitzing with a charismatic and opinionated observer of the city, seeing local businesses and community leaders, talking about shul politics and universal issues about family and society, about the rise of the Nazis and the war in Europe, and about the heartbreaking death of Balinson’s beloved son, Alex.

Not many people remember that Hamilton once had a thriving Yiddish-language newspaper, but a new exhibit, The Jewish Voice of Hamilton, at the Rose and Phil Rosenshein Museum at Beth Jacob Synagogue spotlights this remarkable publication and explores the dynamic life of the city through the lens of its colourful and provocative publisher, Henry Balinson. The exhibit features many items on public display for the first time: many editions of the newspaper, photographs and other valuable historical and genealogical documents, evocative family memorabilia, local letterpress printing artifacts, and video recordings of oral history, all part of the Balinson Family Archive, a recent acquisition to the Rosenshein Museum. Advertisements in both English and Yiddish for local businesses (some still active today), local politicians and appeals to aid the Red Cross’s war effort offer a further window into an older Hamilton. The designs, images, typefaces, logos and slogans are like walking right into this bygone time in city life.

The Jewish Voice of Hamilton offers the public an opportunity to gain an understanding of the Jewish community during a time of significant social, cultural and economic developments as well as the compelling story of Henry Balinson and his son Alex, an airman who was killed in the Second World War while serving in Malta. In 1911, the ambitious and well-educated Balinson, a writer, poet, and playwright who spoke seven languages, moved from Odessa to



Hamilton and immediately began working as a printer and became active in the labour movement. He soon founded International Press which printed the newspaper and myriad other items for the Jewish community as well as for the Polish, Hungarian, Ukrainian, Latvian and other communities. In Balinson’s final “My Stroll Around Hamilton” column, he writes that his “heart pains (him) to have to write (his) own child’s eulogy over a fresh kaver (grave).” After this, he stopped publishing the newspaper. Following his retirement from International Press in the 1950s, his son Morley took over the business. The exhibit concludes with a colourful display of posters advertising local boxing and baseball events from this time.

The family-friendly official opening on Sunday, Sept. 20 will feature a tour of the exhibit, video presentations, guest speakers and children’s activities. For more information, please visit [www.bethjacobsynagogue.ca](http://www.bethjacobsynagogue.ca) or contact Wendy Schneider at [wendyschnei@gmail.com](mailto:wendyschnei@gmail.com).

At this time of year we all plead with G-d:

**Give us: a good year** for ourselves, our children and all our loved ones.

And G-d pleads with us as well:

**Give Me: a good year** by giving to My children.



**G-d declares:** “The orphans and widows are My beloved children; if you will bring joy to My children on days of celebration, I in turn will bring joy to you and your children” (based on Midrash Pesikta).

### Eitan is one of G-d’s children!

Four years ago, when Eitan was just two years old, his father passed away, leaving his mother with four small children. She was left all alone to deal with the terrible crisis, the enormous pain and the crushing poverty. Since that tragic day, the **Diskin Orphan Fund of Israel** has stood by Eitan and his entire family. We are there every day, year after year. We are there for them with all our hearts – discreetly, with respect and with great love. Be it clothing, family events, hot meals, dental care or tutors...Eitan’s family gets it all from Diskin. We give them whatever it takes to hold the family together; to enable Eitan and his sisters to smile, to live and grow up “just like everyone else.”

*Diskin Orphan Fund of Israel, When a parent is missing, we are there, for 1,700 orphaned boys and girls.*

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# Community is ...



Photo: Jeremy Fournée for The Jewish Agency for Israel

## supporting Israel

More than 20,000 French Jews—primarily young people and families—have made Israel their home over the past five years. This year the Jewish Agency for Israel is preparing to receive between 30,000 and 35,000 immigrants from around the world, the most in a decade.

Chairman of The Jewish Agency for Israel, Natan Sharansky, said: “Over the past two years, The Jewish Agency has significantly expanded its operations in Europe in response to increasing interest in Aliyah on the part of European Jews. We are seeing an unprecedented wave of Aliyah from European countries, which indicates not only how Europe is becoming an uncomfortable place for Jews, but—even more importantly—the extent to which Israel is becoming a magnet for Jews interested in a meaningful Jewish life, in freedom, personal security, and a sense of belonging to a country that is integral to the future of the Jewish people.”

When the people of Israel need us, Federation is there for them. You can ensure that we continue to support Israel by giving to the Community Campaign. Please respond generously when your canvasser calls you ... because supporting Israel is what we do.

### It's time: Donate. Volunteer. Get involved.



**Please give generously to the 2016 Community Campaign.**

**Donate online at [www.jewishhamilton.org](http://www.jewishhamilton.org), your gateway to everything Jewish in Hamilton.**

# BATIA PHILLIPS



Batia Phillips's grandchildren and great grandchildren like to brag that their 86-year-old Savta served in the Palmach. To those who know her, the image of a young and feisty Phillips fighting in pre-state Israel's elite force by day and singing her heart out by a campfire by night, is easy to imagine. That's because, even today, Batia Phillips remains ...

# One of a Kind

*A series that profiles some of our community's most interesting people*

Story and photo by Wendy Schneider

A force of nature, Batia Phillips is a woman whose joie de vivre, love of people and hearty laugh immediately endears her to whomever she meets. Phillips has experienced more than her share of personal loss and challenges, but neither the untimely death of a daughter, the loss of two husbands and a dearly loved companion, or a myriad of physical challenges have diminished her irrepressible spirit.

Last May, the Adas Israel honoured Phillips at a special Shabbat marking Israel's Independence day. Asked to prepare some remarks about her Palmach days, Phillips began by placing herself squarely in a particular moment in the country's history.

"I consider myself a daughter of the 'Dor Ha'Nefilim,'" she said, literally the "generation of giants" who became Israel's founding generation. But despite what must have been a tumultuous time for her parents, Phillips described a carefree childhood playing on the "gentle streets of Haifa."

At the age of 15, Phillips's parents sent the young teenager to Kibbutz Dalia to complete her high school education. In those years, the kibbutzim were practically synonymous with Palmach training grounds, where fighters were housed and fed in exchange for guard duty and agricultural work. Soon after Phillips's arrival, she and her new classmates joined the Palmach and began military training.

With the official end of the British Mandate following the UN General Assembly vote in November 1947 to approve the creation of a Jewish State in Palestine, Phillips's unit was sent to secure an abandoned British army base, located near the Lebanese border.

Finding themselves in what was essentially a "sitting duck" situation, the fighters were bombarded by

“

I have been through many experiences in my life but fighting in the Palmach and surviving the battles that led to the creation of Eretz Yisrael was a once-in-a-2,000 year opportunity and I am proud of it.

Egyptian artillery with no shelter.

"I suppose I can admit now that it was very frightening. One of our jeep drivers was killed. Unknowingly, my husband to be, Jacob Gutman, took over the jeep that was damaged by these bombs, and (later) fought in a unit that called itself "The fox of Samson", which harassed the Egyptian army."

Following Israel's declaration of independence in May of 1948, Phillips's Palmach unit, now integrated into the newly established Israel Defense Forces, was transferred to Kibbutz Yehiam, just south of the Lebanese border.

There, she continued, "We were unexpectedly attacked by the Syrians. The situation was dire, as we only had light weapons to defend ourselves."

When her company commander took a bullet to his head, Phillips ran to his side.

"I took off the khaki shirt I was wearing and bandaged him with it. He was unconscious so I picked up his rifle and started shooting back."

Meanwhile, the Syrians, standing on the surrounding hills, observed everything.

Later that week, Phillips's state of undress was reported in the Syrian press, that reported how "the Jews have the women fighting for them instead of the men."

Little did they know, that woman was just Batia being Batia, then, as now, fearlessly confronting life's challenges and selflessly doing whatever is needed to protect the ones she loves.

#### WEB EXCLUSIVE

Watch *One of a Kind* online: Batia Phillips recounts one of her Palmach experiences at [www.hamiltonjewishnews.com](http://www.hamiltonjewishnews.com).

# Canada's oldest Reform congregation

by STEVE ARNOLD, special to the Hamilton Jewish News

**M**ore than half a century ago, the Hamilton Daily News published a profile of Temple Anshe Sholom, declaring its “growth and development ... seems to be a story of quiet, steady progress, unmarred by the setbacks, troubles and dissension which have been noted in the past life of many churches.”

A recent expedition into the Temple's scattered archives, however, shows no lack of setbacks, trouble and dissension. Despite it all, however, Anshe Sholom celebrates its 165th anniversary this year and if any of the founding members were to return today they'd see that while some of the troubles have changed, the dedication of the Temple's leaders to ensure its future hasn't.

Canada's oldest Reform congregation had its start over a store on James Street South in 1850 when the city's 16 Jewish families decided they needed some form of communal life.

They formed the Hebrew Benevolent Society Anshe Sholom of Hamilton, purchased land for a cemetery and incorporated in 1863. The charter lists the congregation's “founding fathers” as: Jacob Frey, Isaac Levy, Henry Zinsherner, Samuel Desbecker, Leopold Rosenband, Daniel Shire, Simon Shire, Leopold Loeb, Isaac Shire, William Loeb, Mendel Levy, Abraham Levy, Iberman Levy, Jonas Draenger, Solomon Ungar, H. Wolf, Bernhard Weinberg, Abraham Saimon and Louis Daniels.

In 1882 they built Hamilton's first synagogue at 143 Hughson St. S. and a hired a rabbi. That building served the congregation for almost 70 years until its newly hired rabbi – a young man from a congregation in Louisiana named Bernard Baskin – bluntly told the members during High Holy Days services in 1949 “Our present physical



Temple Anshe Sholom held its first worship services in a room over a store on James Street South. In 1882 its first permanent home, far left, was built on Hughson Street South. In 1952 the current temple building was opened, near left. It was expanded early in the 1960s.

structure is shamefully antiquated and woefully inadequate for the needs of a progressive, growing and vital congregation.”

A committee was formed, money raised, and in 1952 a new shul rose on vacant land at the corner of King Street West and what was then called Cline Crescent. That building was enlarged in 1963 with the addition of a new wing housing a school section, an expanded auditorium and other services.

That's the physical history of Anshe Sholom. More important than the bricks and mortar story, however, is the work of community building done by a long list of dedicated leaders.

Leaders like Edmund Scheuer and his sister Camilla Levy.

Scheuer came to Hamilton in 1871 to join his brother-in-law Herman Levy's jewelry business. The Jewish community he joined

consisted of 30 families of 131 people and young Scheuer quickly became a leader of the congregation, organizing the Hamilton Sabbath School. That was crucial, he declared because “If Judaism were to take footing in this new country ... Jewish children must be taught Hebrew, the history of their people and the tenets of their faith ...” In 1873, at age 26, Scheuer was elected president of the congregation and held that office for the rest of his 15 years in Hamilton.

Scheuer's sister Camilla had come to Hamilton with her new husband in 1866. In 1870 or 1875 (the Temple records are unclear) she helped to form the Deborah Ladies Aid Society of Congregation Anshe Sholom – the first women's group formed in Canada for the purpose of assisting the poor, visiting the sick and dispensing general charity for those of Jewish

persuasion.” Its great-granddaughter, today's Deborah Sisterhood, remains part of the bedrock on which the entire Anshe Sholom structure rests.

Anshe Sholom's religious leaders have included luminaries such as Emil Fackenheim, who went on to a distinguished career as a professor of philosophy at the University of Toronto, and Arthur Feldman, who was a scholar in his own right and a great personal friend of Sigmund Freud.

The name Bernard Baskin, however, towers above all others. From 1949 to 1989 he led the congregation through two building campaigns, periods of growth and decline and struggles to redefine the nature of Reform Judaism for a world unimagined by his predecessors.

During those tumultuous decades, Anshe Sholom and Reform Judaism struggled with

## Calendar of Events

### Sunday, Sept. 20

Dedication of newly renovated Temple school wing to honour the contributions of the Weisz family as the Arthur and Margaret Weisz Jewish Education Centre, new Kiddush lounge and the outdoor Pathway to Peace.

### Weekend of Oct. 23

Scholar-in-residence Rabbi David Fox Sandmel, the director of interfaith affairs of the Anti-Defamation League; Launch of the second edition of the The Essential Bernard Baskin.

### Saturday, Nov. 21

Special Shabbat mincha service at 3:00 p.m., featuring special music performed by the women cantors and soloists who have served Anshe Sholom over the past 40 years. Rabbi Rick Jacobs, president of the Union for Reform Judaism will deliver a D'var Torah.

Gala dinner at Liuna Station to celebrate the 95th birthday of Rabbi Emeritus Bernard Baskin, and Rabbi Jordan Cohen's 25th anniversary in the rabbinate. Hamilton-born comedian Martin Short will be making a special guest appearance to honour Rabbi Baskin and Maestro Boris Brott will conduct the National Academy Orchestra in a special musical program.

### Sunday, Nov. 22

Deborah Sisterhood will host an afternoon tea. An archival display is being developed for launch in the spring.

All events are open to the community and everyone is welcome. For more information please visit [www.anshesholom.ca](http://www.anshesholom.ca).

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# celebrates 165 years in Hamilton



Pictured above, clockwise from top left, Rabbi Arthur Feldman who served the congregation for 12 years and was known as a good friend of Sigmund Freud; Rabbi Emil Fackenheim, who held the pulpit for five years and then went on to a distinguished career as a philosopher at the University of Toronto; Rabbi Bernard Baskin, who led the congregation from 1949 to 1989, steering it through the social turmoil of four troubled decades; Rabbi Jordan Cohen, who took over nine years ago as the congregation heads into the final portion of its second century.

Photos courtesy of Temple Anshe Sholom

questions of identity – what degree of kashrut would be observed, would men cover their heads during worship, what roles would the non-Jewish spouses of members be permitted to play in the life of the Temple and how to keep a younger generation interested in the faith of their parents.

One by one the questions were answered. In 1955, an application for membership from the non-Jewish husband of a Jewish woman was rejected although the couple's three children were accepted into the religious school; in the same year a motion dictated "the products of the pig and shell fish may not be served in the synagogue" regardless of who is sponsoring an event. Also, meat and milk are not to be mixed. In 1957 it was decided that head covering would remain optional (although today it is encouraged for men and women.)

Other problems were more difficult – such as the feeling Rabbi Baskin expressed in 1972 that 80 per cent of members "are not worshippers, but customers. They attend for specific functions or at times of special need. They utilize the resources of the synagogue as they would a hospital, just during those times when they require the institution – but ignore or shun it the rest of the time."

Looming large across the Temple's entire history is the question of money.

In 1905, for example, a special meeting of the ways and means committee was held "to devise ways and means of meeting the present financial situation in connection with the Anshe Sholom congregation." At that

time, the Temple had 42 members who paid a total of \$948 in dues to cover annual Temple expenses of \$1,200. A year later, a plea went out from the board for members to increase their dues payments by 50 cents a month to keep the congregation solvent to the end of its fiscal year.

The same song was played in 1938 when a campaign to expand the Hughson Street building sputtered because, according to fundraising committee chairman Leo Barnett, "certain members from whom large contributions had been anticipated had held up the drive ..."

Three decades later, at the end of the 1960s, Rabbi Baskin noted in his annual report "Unfortunately our concern for financial solvency has often been an overriding consideration. ... Perhaps when our financial obligation becomes less onerous we will be able to devote more of our efforts and resources to a strengthening of our spiritual activities and to a more diversified and imaginative cultural program."

Many ideas have been tried over the years. In 1970 the congregation debated holding a lottery to raise money – many argued it was against Jewish tradition even though Rabbi Baskin held there was nothing in Jewish law specifically prohibiting it. In the end the draw was held in 1975 and raised \$12,000.

Another controversial fundraising effort was a special appeal on Erev Yom Kippur. Some members felt such an appeal improperly tapped into the emotional content of the day. Rabbi Baskin said he wasn't personally in favour of

such an approach but "perhaps the means justify the ends."

Sponsoring bingo games was a rich vein of money for a time – it once raised \$40,000, but required as many as eight volunteers at a time to run. That vein played out earlier this decade as bingo players were drawn away to other forms of gambling.

The Baskin era at Anshe Sholom ended in 1989 when 32-year-old Rabbi Irwin Zeplowitz took over the pulpit. To him fell the job of defining Anshe Sholom's position on thorny issues such as performing Jewish rituals for the children of same sex couples. In 1995 he performed a britbat for the daughter of a lesbian couple, ruling "The fact they are a lesbian couple

is a non-issue for me. The issue for me is this little girl and the fact we should be welcoming her into the covenant."

In 2002 the issue was performing same-sex commitment ceremonies. Rabbi Zeplowitz said he had already decided he would do it, but agreed to delay any action until the issue had been debated by the ritual committee, the board and the broader membership.

For current rabbi, Jordan Cohen, in his ninth year with the congregation, the issues remain the same. "As a vibrant Reform Jewish community, we struggle to address the current concerns of our day, allowing the teachings of our Jewish tradition to inspire and

guide us in all of our engagements with the world. The struggles have always been there and, I suspect, always will. Thankfully, so will the teachings of our tradition. That is what we celebrate."

Anshe Sholom's history certainly hasn't been free from setbacks, trouble and dissension, but it has been vibrant. Canada's oldest Reform congregation has struggled for 165 years with challenges old and new. Its responses to old challenges, and interpretation of old laws to answer new challenges, are a mirror of the ongoing struggle of Reform Judaism itself.

The only certainty is that the struggle will continue.

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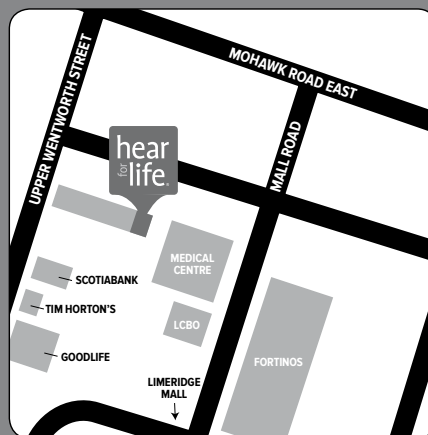
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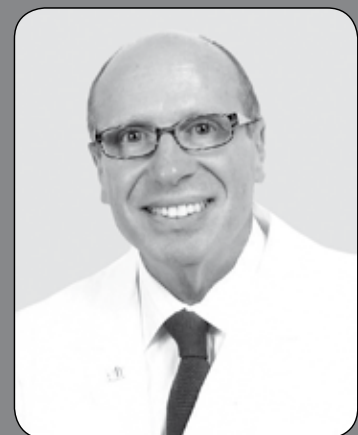
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## Do the Hustle on Nov. 15 at the 14th annual Shalom Village Hannukah Hustle



Run, walk, roll or stroll in this year's Hannukah Hustle on Sunday Nov. 15, or if that's not your style, consider volunteering at the event, making a donation, pledging a participant or becoming a corporate sponsor. Funds raised at the Hannukah Hustle support of The Club Fitness Centre and the health and wellness programs keeping Shalom Village residents fit and well.

### The Club

The Club offers personalized fitness programs for all Shalom Village residents and people in the community over the age

of 70. Head Coach Greg Almas and his team lead participants through a detailed assessment process to develop a fitness plan suitable to their individual needs and abilities. The Club makes it possible for members to stay active and increase their mobility and independence.

### Act Now

To register, pledge or make a donation visit [www.shalomvillage.ca](http://www.shalomvillage.ca). For corporate sponsorship information and benefits contact [kathleen@shalomvillage.ca](mailto:kathleen@shalomvillage.ca).

<b>What:</b>	The Hannukah Hustle is a Run/Walk fundraiser in support of Shalom Village
<b>Events:</b>	10K Run (timed), 5K Run/Walk (timed), 5K Walk, 1K Walk, Staff Relay
<b>When:</b>	Sunday Nov. 15, 2015 at 9 a.m.
<b>Where:</b>	Shalom Village
<b>MC:</b>	Mark Hebscher, CHCH
<b>More info:</b>	<a href="http://www.shalomvillage.ca">www.shalomvillage.ca</a>
<b>Questions:</b>	Greg Almas 905-529-1613 ext. 220 or <a href="mailto:Greg@shalomvillage.ca">Greg@shalomvillage.ca</a>

## A Tribute to Aaron



### Save the Date!

The communities of Shalom Village and the Adas Israel Synagogue invite you to join the celebration as we recognize the many contributions Aaron Shiffman has made to the Hamilton Jewish community

Over many years Aaron has touched countless lives through his work at the Adas, the Chevra Kadisha and at Shalom Village

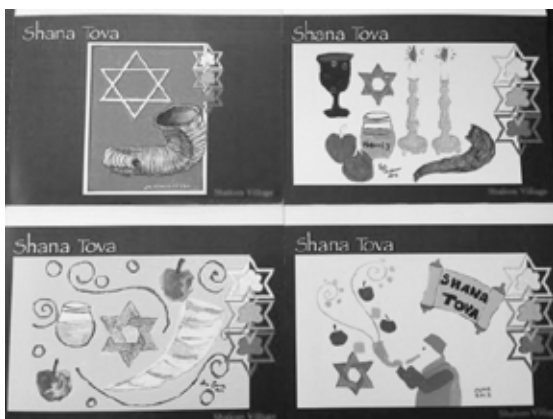
Join us on

**Sunday October 25, 2015 at 2:00 pm  
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## Rosh Hashana – the perfect time to send Shalom Village cards



Send greetings to your family and friends and help support Shalom Village possibilities at the same time! Just send us your list and we will take care of the rest for only \$10 per card. Choose from four beautiful cards featuring original art created by our residents. All proceeds from card donations support the Possibilities Fund at Shalom Village.



## Shana Tova from all your friends at Shalom Village

*Rosh Hashana is a time to celebrate new beginnings. We wish you and your loved ones the sweetest of new years!*



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## Q & A WITH STEPHANIE MCLEAN

Owner of Westdale Optical Boutique

The spectacular designer eyewear on display may initially lure a first-time visitor into Westdale Optical Boutique, now in its twenty-fourth year, but it's no secret that the real reason behind the store's success is Stephanie McLean, a woman of exquisite taste, for whom nothing is more important than seeing her clients leave looking and feeling fabulous.

Story and photo by WENDY SCHNEIDER, the Hamilton Jewish News

### Why has eyewear become such an essential fashion accessory?

It's very simple. A good pair of eyeglasses or sunglasses makes you look and feel amazing – it enhances your look and, subsequently, your mood! You could be wearing a white T-shirt and ripped jeans with some flip-flops, but when you've got a great pair of glasses on, the whole look is elevated. Glasses are unique because, for many people, it is the first thing they put on in the morning. Why not start the day feeling fabulous?

### Describe a typical customer experience.

When people are welcomed into the store, without even thinking about it, a frame will pop into my head! I'll assess their features, and, because I hand-select all the frames, I always know where to start. Clients love to play dress up before making their final choice. It is, however, often the first frame we put on that the client goes with. Sometimes the search offers more of a challenge but when we find the frame, it's perfection.

### How do you know when to push people beyond their comfort zone?

Most people come in with little to no idea of what they're looking for, and then we take them on a journey. Choosing glasses should be fun and easy – and it is. If a client hesitates about a frame that I happen to know is incredible, then my challenge is in helping them see and feel the difference between good and great. The customer's comfort is paramount but they inevitably return thankful that I pushed them to go for the fabulous look over mediocre. I always tell them: if it looks gorgeous on your face, it's going to go with everything that you wear.

### Your store has a very friendly vibe among the staff and customers. How does that happen?

It's not just about the glasses. It's about the people, the relationships and the trust. I am happy that we have a great sense of community in the store because we care about the experience and the satisfaction of every customer. Many times two complete strangers will give their opinion to each other because everybody wants to get in on the fun!

### What qualities do you cultivate in your staff?

I am definitely looking for a sense of style, confidence and personality. They are a team, trained with the high standards that I maintain, who make shopping for glasses fun and easy. This is not your average store. This is not your average job. You kind of need to love being here.

### Where do you buy your frames?

I select the handmade frames from all over the world – from the classic to the cutting edge of fashion. When I'm selecting the frames, I like to have fun! I will always pick a few that I know 99 per cent of my clientele will not wear. But when I put the frame on the one per cent that will, it's an absolute show stopper.

### Can someone on a budget find frames at Westdale Optical?

Absolutely! We're happy to work with everybody no matter what price point they want to be in. We're located beside McMaster University and other schools, so it's not uncommon for a student, for example, to come in wanting to spend \$200. We put as much thought and care into it as we do for the person whose budget allows for more. This encourages us to be even more creative. Regardless of budget, we make sure that the client leaves looking and feeling their absolute best because that is what we love to do!

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**Gefilte fish for Rosh Hashana**



Rosalie Gaffe in her kitchen, demonstrating her mother's method of preparing gefilte fish.

Story and photo by WENDY SCHNEIDER, the Hamilton Jewish News

**G**efilte fish is something that many people think of as a Passover dish, but for generations of Rosalie Gaffe's family, it's been just as much a part of the traditional Rosh Hashana meal.

As a young girl, Gaffe recalls spending hours watching her mother and grandmother grind the fish and chop it with a huge cleaver called a *bachmesser*, make up the patties and boil them in her grandmother's fish stock. As soon as she was old enough, it was Gaffe's job to be first in line at Bill's fish market on Ottawa Street, to pick out the best quality fish. When she had her own home, Gaffe and her mother, Yetta Lewis, continued to prepare the fish the same way, the only innovation being the electric grinder that her father, Sam Lewis, of Hamilton Store Fixtures fame, brought home from work one day.

The next break from tradition came when Gaffe's friend Dorothy Sherman told her about how using a mix-master would make the fish patties particularly light and airy. Yetta Lewis, reports her daughter, was initially skeptical but the results won her over.

These days, it's frozen gefilte fish loaves that are shaving hours off Gaffe's prep time. "We're a society that needs to do things more quickly today," she said, "so this is a wonderful alternative. I just make sure the seasoning tastes like my mother's ... and I can almost get the same results."

When her children and grandchildren arrive at her home for the holiday, the first thing Gaffe offers them is a large platter of gefilte fish, served as an hors d'oeuvre. It may not be what her mother or grandmother did, but gathering the family together for good food and good times remains the same. It's all you need for a sweet new year.

**Rosalie Gaffe's Gefilte Fish**

**Fish Stock**

Water to fill a stock pot a little less than half full  
Fish heads, bones, tail, skins  
1 large spanish onion, sliced.  
½ cup salt  
2 cups sugar  
½ tsp white pepper  
6 - 9 carrots, sliced

**Ground Fish**

(makes approximately 60 pieces)

4 lb yellow pickerel  
4 lb white fish  
3 large onions  
1 tsp plus ½ cup sugar  
1 tsp salt plus 2 ½ tbsp salt  
½ cup sugar  
½ cup water  
4 eggs

**Directions:**

1. Combine all fish stock ingredients except for carrots, bring to boil and simmer.
2. Grind fish ingredients twice, adding to the mix 1 tsp each of salt, pepper and sugar.
3. Divide the ground fish in half, put in mix-master and add another ½ cup of sugar, 2½ tbsp of salt, ½ cup of water and 4 eggs.
4. Taste test to adjust seasonings.
5. Mix thoroughly until light and fluffy and well-blended.
6. Put in remaining ground fish, season as above, using same quantities. Adjust seasoning and mix thoroughly.
7. Add sliced carrots to fish stock.
8. Form ground fish into patties. Put patties into simmering stock pot. Bring to boil. Turn down to simmer for about 1 ½ hours. When cooked, allow to cool completely before patties are removed. Store in refrigerator in a container with a small amount of fish stock to moisten.

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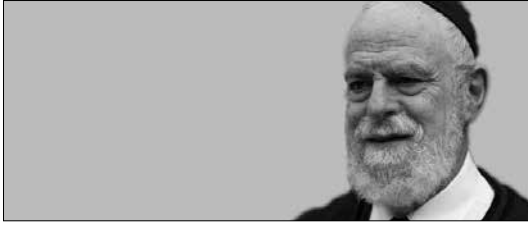


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# The healing power of forgiveness



Lester Krames

We have all experienced events in our lives that have caused us to hold on to painful emotions. Perhaps your spouse unfairly criticized you, or as a child you may have felt you were not really loved or cared for, or you discovered your partner had an affair. Wounds caused by others we love and have trusted can leave us with lasting feelings of anger, bitterness or even vengeance.

Many times in life we find ourselves stuck with these painful memories which continue to re-surface. We find ourselves unable to move on because the memory of the hurt plays over and over in our heads. We continue to relive the pain wishing the event never happened or that we could have, somehow or other, responded differently. The questions “what if” or “why” prevent us from forgetting. But how can we forget harm, real or imagined, that continues to haunt us and colour the way we see our lives?

Fortunately, the path to moving on is not through forgetting but by learning to forgive. Whatever the hurt was, it is in the past and we cannot change the past; it no longer exists. The past is the story that we tell about ourselves. Forgiveness does not require that we change the past but allows us to reformulate and reframe the story.

What is forgiveness? Does it require accepting responsibility for what happened? Forgiving can seem like an insurmountable step requiring giving up a part of our very soul and taking responsibility for events we really don't own. Most people resist forgiving because they feel it calls for an admission of guilt on their part or taking responsibility for

the harm done to them. Sometime we feel the hurt is so great that it can never be forgiven.

The formula for forgiveness is simple: forgiveness is giving up the hope that the past could have been different. Wishing that the past could have been different leaves us feeling powerless. The past cannot be changed. Wishing for something that cannot exist creates stress, and affects our everyday life and relationships. Every day we choose to hope for the impossible is another day everybody around you has to live with that decision. And feel its consequences.

**“Forgiveness is giving up the hope that the past could have been different.”**

Forgiveness does not release the persons that harmed you but releases you from the prison of your own suffering. Forgiveness is not condoning, excusing, or even pardoning. This is true even when the person we need to forgive is ourselves. If you don't practice forgiveness, you will be the one who pays most dearly. Embracing forgiveness, accepting the past by reformulating and refocusing allows you to embrace peace, hope, gratitude and joy. Forgiveness can lead you down the path of physical, emotional and spiritual well-being.

*Lester Krames is a clinical psychologist, whose work has been influenced by his exploration into mindfulness and self-compassion.*



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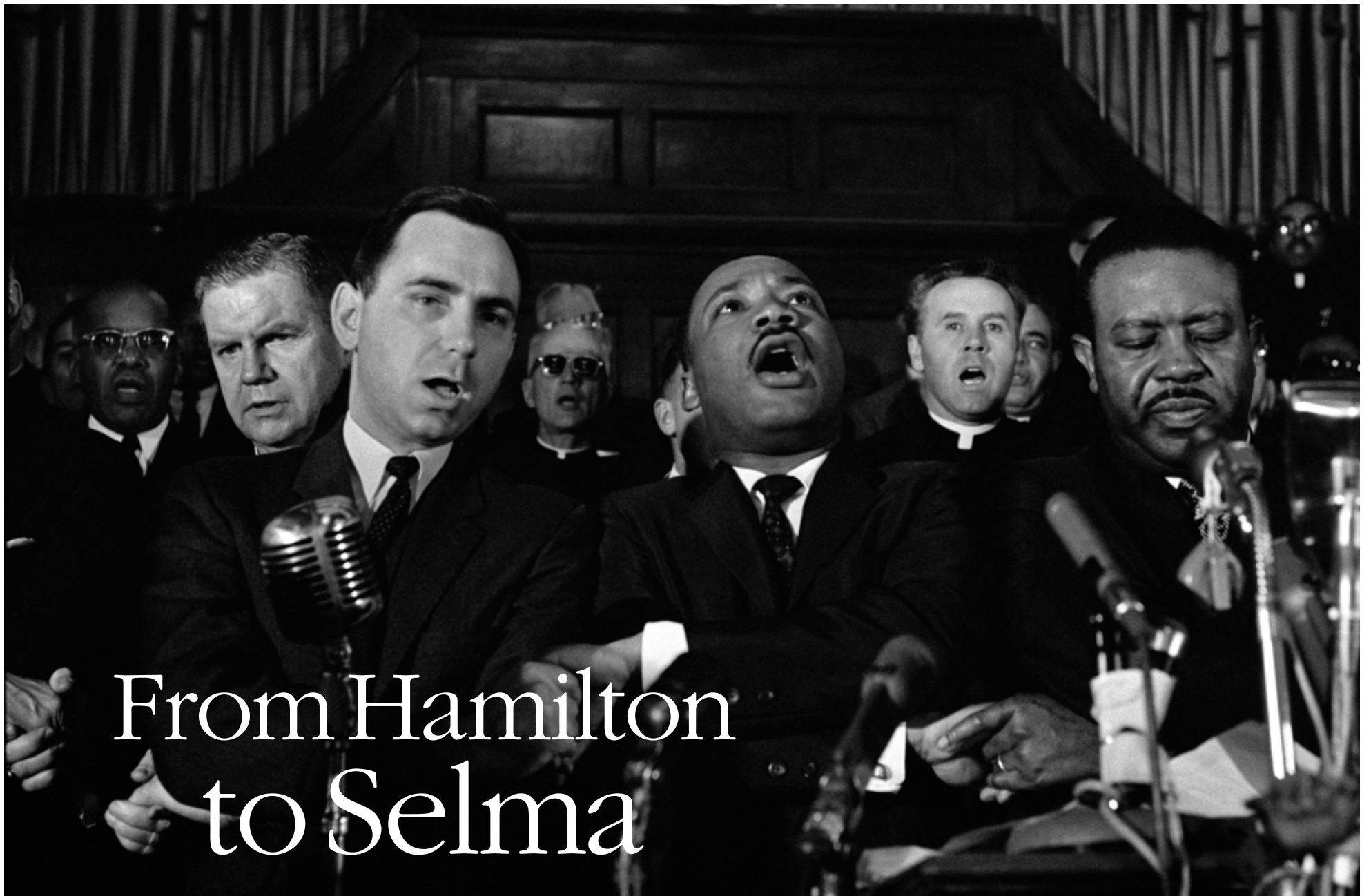
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# From Hamilton to Selma

Hamilton's Rabbi Eugene Weiner (front row to the left of King) and the Reverend Martin Luther King Jr. singing We Shall Overcome at the memorial service of Reverend James Reeb, at Brown Chapel, Selma, Alabama, March 15, 1965. Photo taken by Bob Adelman, courtesy of Corbis Images

Fifty years ago, Reverend Alan Matthews received a phone call from Beth Jacob's Rabbi Eugene Weiner that would change the course of his life. Below, from a talk she gave at the synagogue last March, the reverend's daughter-in-law tells the story of how a group of Hamilton clergy marched in Selma with Martin Luther King.

by RAMONA MATTHEWS, Special to the Hamilton Jewish News

I want to take you back to March 1965. When we turned the dial on our living room TVs to CHCH or CBC, coverage of American issues often topped the news, from the Vietnam war to the civil rights actions in Selma, Alabama. And what had been going on in Selma since the new year began? Voting rights were being denied to 98 per cent of the black citizens there and Martin Luther King Jr. and his associates had mobilized supporters to try, in a non-violent way, to change that.

Dr. King had galvanized the world with his "I Have a Dream" speech almost two years earlier, and his efforts had already earned him the Nobel Prize for Peace just months before. That this was hard slogging is an understatement. In his speeches Martin Luther King Jr. would compare the aims of the movement he represented with the Exodus that is so familiar to you. Singers aligned with them would motivate people with familiar songs such as "We Shall Overcome" and that wonderful African-American spiritual "Let My People Go."

Meanwhile, here in Hamilton, my father-in-law, the late Reverend Alan Matthews, arrived home on Saturday night, March 13, after a long drive alone from Kingston. The house in which the Matthews family lived – on Wood Street in the north end – was attached to the church at which Alan was the pastor, Eastwood Baptist. Alan, his wife Jean, and three young sons, Bruce, Ron and John, lived there and their married daughter and her young family were nearby.

Alan had just spent four days visiting convicts in Kingston Penitentiary – people he knew and had worked with from this

area who were incarcerated in the federal system and serving long jail sentences. Jean asked Alan to return a call made by Eugene Weiner when he got in the door; no, she didn't know why he had called.

It was not unusual for people to call and ask for Reverend Al's help or opinion. But this call was different. Help was not being sought from the other end; an offer was being made. And, as Alan put it in his writings,

"The next day we were on the plane at Malton International Airport to march with Martin Luther King ...

"A week after (the event known as) Bloody Sunday I arrived at Selma ... to join (a large group of) marchers to proclaim what we felt was justice – a spiritual concern to all."

Some 200 Alabama State troopers had clashed with 525 civil rights demonstrators on Bloody Sunday, clubbing and tear-gassing them. Things were getting uglier in Selma.

Maybe you know about the situation at that time in Alabama. Martin Luther King Jr. had asked religious leaders of all denominations and faiths to come to the city of Selma and join the massive undertaking to ensure equal voting rights for both white and black citizens. Martin Luther King Jr. was all about knocking on God's door and inviting others to help him to do the same.

Your young rabbi from this synagogue in what was a small industrial city in Canada apparently answered the call at the urging of a friend. And – remarkably – he didn't choose to go it alone. Funds were provided by someone or maybe a few people from your congregation to sponsor four other

clergymen to join him too – and they were all Christian. In addition to Alan, there were two Anglican priests and a United Church minister sponsored by Beth Jacob – Rev. Edwin Heaven, Anglican chaplain of McMaster University; Rev. Frederick Etherden of St. Elizabeth's Anglican Church in Burlington, and Rev. Gerald Elliott of St. Andrew's United Church, previously, minister of a congregation on the Six Nations Reserve. Two Unitarian ministers also joined them, as well the young pastor from Stewart Memorial Church here in the city. Interestingly, that congregation was formed in 1835 by both black free men and slaves who escaped bondage and settled here.

They were gone only a few days – from Sunday to Wednesday – but what a time it was.

Among Alan's writings was this description: "Priests and ministers formed the outside lines. Nuns were in the third line and Blacks were further back. We would line up and push forward, sometimes as little as one or two feet.

Joan Baez led in much of the singing of "We Shall Overcome" and other similar songs of freedom and right.

Because of this (which was a) walk to City Hall, many Black people were registered as voters. Many were too timid to register for a long time.

I'd like to read you a few more excerpts from Alan's writing:

"Martin Luther King gave a stringent orientation which included, "You are here to witness, not be abusive or to fight. Do not run away from the scene. You will feel and see hate – show love. If physically attacked,

fall face down and cover your heads. DO NOT retaliate. Peace, love will win.

"Between gas fumes, not much food, anger, confusion, anxiety, boredom from just waiting, with little movement, many fainted and felt sick.

"We slept on straw mattresses on the floor of the Roman Catholic Good Shepherd Hospital. There was only 10 inches between mattresses.

"I never saw such hatred."

As for your own rabbi, on the second day there, Eugene Weiner was asked to give the benediction at a memorial service commemorating the life of a Unitarian minister, the Rev. James Reeb. He had been murdered by fellow white men the previous week.

In his book, *The Selma Awakening*, by Mark D. Morrison-Reed there is a beautiful anecdote about this service. "Following King, Dana McLean Greeley offered a prayer that ended with the Lord's Prayer. Then everyone rose and sang "We Shall Overcome."

Christopher Raible remembered, "When we had sung four stanzas, we hummed, and a rabbi (Eugene Weiner), who had been asked to give the benediction, stepped to the pulpit. He repeated in Hebrew the great Kaddish, the memorial prayer for the dead, over our humming. As he completed it, we sang again, and from nowhere there came two little Negro girls who began to sing a high piercing descant above our singing. The rabbi leaned down, picked up the four-year-old, and held her in his arms. And the tears flowed down my face." And all around him, people were crying.

# The Hamilton clergy who marched with Martin Luther King

On arrival back in Hamilton, the group of six – Rabbi Weiner, the four he had recruited and Rev. Francis Legge of Stewart Memorial – found themselves the objects of great interest. A special reception was held by Mayor Vic Copps the day after they got home, and the following weekend a meeting was held for the general public at Zion United Church downtown. We know that Alan and Gerald Elliott were asked to speak about their experiences from time to time as the years went on and imagine the others did too.

A Globe and Mail article is perhaps the most telling for us in 2015. When interviewed right after they arrived back both Rabbi Weiner and Rev. Etherden drew parallels with the situation then here in Canada. Rev. Etherden said, “I think we ought to make statements, present briefs and eventually protest to the nation’s capital in a dramatic way if need be that many of our Canadians are not created equal.” He cited both the French-English situation and the plight of aboriginal people.

Rabbi Weiner was quoted as saying, “I personally feel that the church and the synagogue have been very remiss in their response to deal with the outstanding social issues. I agree with Dr. King that (the faith community) tends to be an echo rather than a voice and a taillight rather than a headlight.”

Alan Matthews went on to leave Eastwood Church and took his ministry in a new direction, establishing the Hamilton organization that was known as Alienated Youth or AY. Interestingly, none of Alan’s sons recall him ever speaking of going to Selma, just as he seldom spoke of his time in service during the Second World War. His son John describes Alan as a “here and now” person.

“

The rabbi leaned down, picked up the four-year-old, and held her in his arms.

From the memoirs of Reverend Alan Matthews

“The ‘here and now’ of disadvantaged and troubled young people was front and centre in his life . . . almost an obsession,” relates John.

“Generally it was simply a fact in our home that Martin Luther King Jr. had a very powerful impact on dad.”

Alan never sought recognition for himself and was very honoured to be selected as Hamilton’s Man of the Year in 1978, just as he was surprised to be selected for the conferring of an honorary Doctorate of Divinity from McGill before he retired. Alan certainly lived by the motto that was the title of his book – Together We Can. He died 26 years ago at age 71.

Rabbi Eugene Weiner didn’t stay in Hamilton long but went on to do illustrious things in Israel. I was so impressed to read his obituary from the Haaretz newspaper. A man of conviction, he was one who coached others through their tough wildernesses of life and sought and taught understanding. He



The Hamilton clergy who traveled to Selma from l to r: Reverend Frederick Etherden, St. Elizabeth’s Anglican Church; Reverend Gerald Elliot, United Church; Rabbi Eugene Weiner, Beth Jacob Synagogue, Reverend Edwin Heaven, Anglican chaplain McMaster University, Reverend Francis Legge, Stewart Memorial Church; Reverend Alan Matthews, Eastwood Baptist Church.

Photo courtesy of the Matthews family

certainly maximized his “three score years and ten” before he died in 2003.

There are Selmas in our day and age, and in truth we’re probably aware of them, large movements to which we can choose to commit our time and efforts – so many of them, with so many people in our world bound in oppression and injustice. But there are little Selmas, too, perhaps in our neighbourhoods, our schools, our places of work. It’s something we all might consider as we leave this place today.

*Ramona Matthews taught for three decades in the Toronto District School Board. Her love for family stories has led her to carry out extensive research into both her husband’s family history, as well as her own family’s Ukrainian-Canadian roots.*

#### WEB EXCLUSIVE

Watch the Hamilton Jewish News interview with Ramona and Ron Matthews at [www.hamiltonjewishnews.com](http://www.hamiltonjewishnews.com)

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## TAS RELIGIOUS SCHOOL

LAURA WOLFSON

What do you hope for – what is the ultimate purpose – when you send your child to Hebrew School? A survey of our parents last spring revealed there are a wide variety of reasons why they send their children to us: to teach them about their Jewish heritage (history, laws, customs); to learn about the ethics and values of our people; to learn the language and concepts of Jewish prayer; to foster a love of Israel; to learn Hebrew for the purpose of communication and prayer; to make Jewish friends; to have a sense of belonging and connection to the Jewish community; to develop a passion for Jewish living; to develop the tools for living a Jewish life; to initiate a sense of obligation to the Jewish community.

A common theme in this kind of discussion among Jewish educators is one we call the “Jewish continuity argument.” We

say we hope to give our students “enough Jewish knowledge and enough Jewish skill so that when they grow up they will choose to live a Jewish life.” The Jewish continuity argument looks to the future. However, the future is undefined. So let’s look to the Jewish present. At TAS Religious School this year we plan to create experiences and learning opportunities that are meaningful for students and families right now. Through our activity-based curriculum, students will look at the world through Jewish lenses (their own), coming together with others in their community to harvest the richness of Jewish tradition and use it to forge their own Jewish journeys.

We welcome new students and families! For more information please contact Laura Wolfson [lwolfson@anshesholom.ca](mailto:lwolfson@anshesholom.ca) or (905) 528-0121.

## KEHILA JCDS

RYAN LOBB

We are pleased to announce that Kehila JCDS will be continuing its 16 year tradition of providing Jewish education to the Hamilton Jewish Community for years to come.

Kehila JCDS offers students an excellent academic education as part of the new trilingual, integrated educational approach offered for 2015-16. Students will study Hebrew, French and English in an immersion-style, integrated curriculum that will set Kehila far above the normal expectations of a public school or a Jewish Day School. In addition to the trilingual program, Kehila will be offering a superior music program taught by a world-renowned musician.

The board of directors made the decision to lower the tuition to \$5,000 per student in order to become a school that is affordable to all members of the Hamilton Jewish community.

We help our students embrace the feeling of a community through our mentorship program. Kehila pairs each older student with a new student in order to create a supportive and safe environment for all incoming students. A new parent to Kehila, Naomi Bernstein, relates her son’s experience during his initial time at Kehila:

“For my son Asher, the anxiety of a new environment resulted in tears and bear grip hugs at drop-off, a heart-breaking moment for any parent. Thankfully we didn’t



Kehila kindergarten students at recess  
Photo by Naomi Bernstein

encounter this for long. Asher would come home to tell us all about Isaiah who read to him, held his hand to go out for recess and sat beside him during T’fillah. At first we thought this must be an imaginary friend, then one afternoon at pick-up a boy about seven years old walked by and said, ‘Bye Asher, see you tomorrow.’ This produced a huge smile and Asher said, ‘Mommy that’s Isaiah!’ Almost a year later, Asher did the same for a hesitant new student on JK visitors’ day. We are so pleased that our son is not only receiving an excellent education but is also learning the importance of community and strong values from his Kehila family.”

To find out more information about our newly enhanced academic programming at Kehila, please call 905.529.7725 or visit [kehilaschool.com](http://kehilaschool.com).

## BETH JACOB HEBREW SCHOOL

RINA RODAK

Beth Jacob Hebrew School begins the 2015-2016 school year with a bang! Joining our staff of Fay Schmerling, Gila Lawton, Cantor Eyal and Rina Rodak will be Inbal Chaimovitz. Morah Inbal will be teaching the older children Hebrew on Wednesdays, as well as an optional second day of Hebrew language learning. Using a custom language program recommended by our USCJ education consultant, Inbal will take the students beyond language decoding. Furthermore, all of our teachers will be trained in Hebrew Through Movement, a language acquisition strategy which we will use to complement our already established approach. Beth Jacob Hebrew School and Temple Anshe Sholom Hebrew School will also be joining together for

at least four holiday learning programs throughout the school year, including the a kick-off program at Weir’s Lane Lavender and Apiary in Dundas to learn about bees, hives and – right in time for Rosh Hashanah –honey! Speaking of the High Holidays, Beth Jacob once again welcomes David Gershon, of Judy and David fame, for a family friendly service on the second day of Rosh Hashanah. Kids in Grades 3 and up will also enjoy another of Dov Smiley’s comic book masterpieces on Yom Kippur – this year, we will read and discuss Dov’s interpretation of the story of Abraham and Isaac. For more information or to be put on our programming list, please email Rina at [school@bethjacobsynagogue.ca](mailto:school@bethjacobsynagogue.ca).

## HAMILTON HEBREW ACADEMY

GOLDIE WEISER

Addressing the needs of diverse learning styles has become a critical challenge to educators. Our obligation is to enable our students to become independent lifelong thinkers, questioners and discoverers.

The mandate of the Hamilton Hebrew Academy Diverse Learning Centre (DLC), is to support students’ academic needs and social/emotional well-being. Our students are supported through a wide range of services. We offer the delivery of small-group academic remediation, daily homework clubs, print groups, student enrichment opportunities, independent learning projects, individual education plans (IEPs), psycho-educational testing, therapeutic counseling, speech language therapy, and occupational therapy. As well, our teachers are provided with professional enrichment through monthly grade team

meetings, in-class support and professional development days.

A hallmark feature of the DLC is the facilitation of differentiated instruction. Our warm staff use varied teaching strategies and academic accommodations to enable each student to successfully progress through the general studies and Judaic studies curricula. Adjustments are made to assessment methods to be sure that each student is truly able to demonstrate his/her learning. When necessary, one-on-one support is readily available for students who require further intervention.

If you have any questions about any of the services offered through the DLC contact Goldie Weiser at [gweiser@hamiltonhebrewacademy.ca](mailto:gweiser@hamiltonhebrewacademy.ca) or call 905-528-0330.

## ADAS ISRAEL CONGREGATION

RABBI BARAK TSAIDI, youth director

As the summer comes to a close, the Adas Israel and Hamilton Hebrew Academy will be celebrating 13 years of partnership with the Bat Ami organization. Bat Ami is an Israeli not-for-profit association that coordinates a volunteer core of more than 2,000 young Israeli women. These inspirational individuals spearhead innovative initiatives in both Israel and abroad.

This year, the Hamilton community welcomes Ayelet Schusheim and Rivka Rimon. Schusheim most recently worked at the Givat Washington Youth Village working with girls from complex social and economic backgrounds, where she launched various programs and provided academic and emotional support for the youth. Rimon taught at ORT Bialik high school as well as organized community youth programmes in Kiryat Motzkin.

The goal of the Hamilton initiative is to have our children forge a connection with-Israel while strengthening Jewish identity and proficiency in Hebrew language. Under the leadership of Rabbi Barak Tsaidi, also an Israeli native, our Bat Ami emissaries will once again spearhead the Adas Israel Hebrew School with Aleph Champ and Ulpan for kids as well as other fun and educational opportunities. To register please visit the youth page at [www.adasisrael.ca](http://www.adasisrael.ca).

“Each year these young women have a transformative effect on our community and, in particular, on our children,” said Rabbi Daniel Green. “They make Judaism alive and strengthen our bonds to Israel. We are very lucky to have them.”

## CANADIAN MAGEN DAVID ADOM

HILDA ROSEN

As I write this column, my thoughts turn to Europe and to the rise of antisemitism. Many people, young and old, are leaving their homes and coming to Israel. Last spring, because of one person’s generosity, I was able to purchase a blood shaker and scale machine for a hospital at the cost of \$6,200. With your donation, I hope to purchase a second unit. Please help me make it happen.

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Hamilton Hebrew High (HHH) is an after-school for-credit Jewish Studies program for public high school students in grades 9-12. (Grade 8 students can take advantage of a grade 9 course through the Reach Ahead Program.) HHH offers a great way to earn Ontario credits while learning relevant topics, intriguing concepts, while immersed in a dynamic Jewish environment. Events and retreats help to develop concepts further and enhance the bond between Hamilton's Jewish teens. It is warm, accepting, and open to all Jewish public high school teens regardless of religious affiliation, background, or previous Jewish education.

In order to receive an Ontario Secondary School credit, students must complete 110 hours, 80 of which are completed in class through two hour sessions. The remaining 30 hours are completed by required


attendance at various scheduled community programs, events, or through independent study projects.

This year, HHH has established a more methodical approach to the completion of the 30 out-of-class hours. Our new "Live to Give" track enables students to complete their hours through attendance and volunteering at various events throughout the year across the community. Coupled with dynamic Friday Night dinners, both tracks are great opportunities to forge strong relationships with other Jewish teens in the city.

To subscribe to our e-newsletter, email yaakov@hhhmidrasha.ca. For more information visit [www.hhhmidrasha.ca](http://www.hhhmidrasha.ca)

For more information regarding enrollment, contact: Racheli Kirat, educational director, at 905-528-0039 (leave a message) or email [racheli@hhhmidrasha.ca](mailto:racheli@hhhmidrasha.ca)

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

**WEB:** [www.chw.ca](http://www.chw.ca) **E-MAIL:** [info@chw.ca](mailto:info@chw.ca) **TEL:** 1.855.477.5964



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**JEWISH NATIONAL FUND NEGEV DINNER**

**A celebration to remember!**



Above: Negev Dinner co-chairs Danna and David Horwood and family with comedian and actor, Andrea Martin. Pictured from l to r: David Horwood, Jamie Horwood, Sari Horwood, Danna Horwood, Andrea Martin, Sasha Weisz, Tom Weisz and Mitchell Horwood.

Right: Negev Dinner committee members (l to r) Linda Silvert, Shirley Silberg, Luba Apel, Nicole Feldman, Laura Laengerer and Elaine Levine take time for a photo op with Andrea Martin (third from right).

Photos by Jason Leizer



Max Mintz, featured in the tribute video shown at Negev Dinner, with family and friends. From l to r: Cynthia Mintz, Amy Back, Nancy Mintz, Samieth Mintz, Max Mintz and Sharon Mintz.

Photo by Donna Waxman

**SUZY POLGAR**

On June 24, the Jewish National Fund of Hamilton held its 63rd annual Negev Dinner at the Hamilton Convention Centre. The evening, co-chaired by Danna and David Horwood, featured a video presentation, Celebration of Life from 1945 - 2015, that marked 70 years since the end of the Holocaust and the profound transformations that have occurred in Hamilton and indeed in the Jewish community.

The audience was treated to a series of nostalgic video vignettes featuring some of our elder statesmen and women who, over the years, laid the groundwork for generations to continue building a vibrant, strong and caring community. It began with Bill Morris and Gerry Swaye reminiscing and ended with a clip of them passing by three generations of the Cohen family out for a stroll in the sunset.

In addition to the videos (viewable at [jnfhamilton.ca](http://jnfhamilton.ca)), our Negev Dinner

tribute book included many 'themed' stories written by Julia Kollek. The full stories can be seen on our website.

Nearly 500 guests attended the delightful evening of community and affection. The Horwoods provided a new model for the next generation of JNF supporters and many of their peers supported the evening.

Proceeds from the 2015 Negev campaign are being directed toward 'Planting Roots', a project to build a social club in Kiryat Gat, Israel, for retired Ethiopian elders who are part of the "Atachlit" community agricultural program. The program provides the elders an opportunity to teach younger generations about their Ethiopian culture and heritage.

The evening featured an incredibly funny and entertaining performance from comedic legend, Andrea Martin.

Thanks go out our supporters, guests, volunteers and co-chairs of the 2015 Negev Gala. Watch to see what next year will bring!

## NA'AMAT HAMILTON



Na'amat Hamilton's Celebrity Author Luncheons are its signature annual fundraising event. Pictured above, front row from l to r: Dora Fischer, author, Nancy Richler, Deena Sacks; Back row, l to r: Dena Honig, Orit Tobe, national president of Na'amat Canada, Sandi Seigel, Shelly Sender.

### NA'AMAT HAMILTON

The year 2015 is a special year for Na'amat Canada and Na'amat Hamilton. This year Na'amat Canada celebrates its 90th anniversary and our chapter is celebrating its 35th anniversary. As part of a worldwide women's movement, Na'amat's ideological roots lie with the founding women of the State of Israel and their vision for social justice and equality. During this time the organization has attracted many women who became advocates for women's issues in Canada and Israel, as well as raising the much-needed funds for daycares and other educational projects in Israel.

This coming year is bound to be an exciting one! The incoming co-presidents are Anna Shkolnik and Ronit Mesterman. We have a wonderful group of women who have assumed leadership roles in our chapter and who are working hard to make this coming year as interesting as it has been in the past.

We are starting the year with the

meeting in the sukkah at 1770 Main St. W. on Sept. 28. Our other monthly meetings will feature topics such as a thought-provoking talk with a life coach who will share her knowledge about making life changes, the plight of Ethiopian Jewry in Israel, Native women's issues in Canada, a fantastic cooking demonstration. We are planning another Wellness Day where participants can take part in different exercises as well as learn valuable information from world-renowned experts. Of course we will have our famous potluck parties!

It is not possible to talk about Na'amat Hamilton without mentioning the 31st Celebrity Author Luncheon, which will take place next spring.

We are always happy to have guests attend our meetings and special events. We welcome new members.

For information, please contact [annashkolnik@hotmail.com](mailto:annashkolnik@hotmail.com) and [mester@mcmaster.ca](mailto:mester@mcmaster.ca)

## JEWISH GENEALOGICAL SOCIETY

### HAZEL BOON

The 35th International Association of Jewish Genealogical Societies conference took place in Jerusalem from July 6 – 10, 2015. I was unable to attend this year so was pleased that the organizing committee offered an "On Demand" package. For a small fee I'm able to enjoy more than 60 presentations given at this conference but in the comfort of my home. As I listened to these wonderful presentations I've been reminded that a huge part of why we pursue family history is in an attempt to remember and honor our parents, grandparents, great grandparents and other mishpocha. I want to leave a record of my ancestors so that my children and grandchildren will understand where they came from and how different the lives of their ancestors

were from theirs. We search for knowledge of how our ancestors lived their lives in addition to documenting their adventures.

This fall we have meetings planned for Wednesdays Sept. 9, Oct. 21 and Nov. 18. All evening meetings begin at 7:30pm and take place at Temple Anshe Sholom. Speakers this season will include local talent such as Ralph Bloch, Danna Horwood and many more. For details please check out our events page at <http://www.jgsh.org/Events.php>. The main portion of our meeting always begins at 8 pm. At that time the doors to Temple are locked. We look forward to welcoming new attendees as well as our members. For more information contact Hazel Boon at 905-524-3345.

## JEWISH SOCIAL SERVICES

Attention Seniors: The Canadian Red Cross has a transportation service for seniors who have trouble using public transportation. They will take you to doctors' appointments, social events and

shopping. They need five days notice. The cost is \$3.70 per trip. Call 1-844-843-7331 to book your rides. On your first call they will ask you questions to get you registered. Have your OHIP number available.

### Looking for a Mitzvah Project?

You can teach your children an invaluable lesson and help the **Hamilton Kosher Food Bank** at the same time. Many parents take their children to the supermarket, shop for the food and deliver the food to the Kosher Food Bank. We supply a suggested list of items to shop for and will fully reimburse you for all you spend. You and your children have the fun of filling a shopping cart and trying to find the best prices. Items we always need include:

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- ✓ crackers
- ✓ tuna fish
- ✓ instant coffee
- ✓ apple sauce
- ✓ tomato sauce
- ✓ cooking oil
- ✓ soups
- ✓ juices
- ✓ shampoo
- ✓ dishwashing soap
- ✓ regular soap
- ✓ cream rinse
- ✓ toilet paper
- ✓ tissues

The lawyers and staff at Ross & McBride LLP wish the entire community a happy and healthy New Year.

## L'Shanah Tovah.



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